



December 2005/January 2006

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FREE



PEACE

Editorial Note

Election Results

The View editorial board and staff regrets that we were unable to review and analyze the results of the most recent statewide elections — held on November 8 — in time for this issue.

The Election Department at City Hall assures us that the final results will be ready December 6. As we do not publish in January, the breakdown of How the Hill Voted will not appear until the February issue.

At least we all know that Governor S's favorites were shot down — statewide — so we only need to see the final numbers in our precincts!!

Supervisor Sophie Maxwell Answers Hill Questions

By Joe Boss

Supervisor Sophie Maxwell fielded questions from Potrero Hill constituents, many of whom were upset about issues related to noise, at a November 29 meeting of the Potrero Boosters and Neighborhood Association.

One noise-related — and safety-related — issue discussed was San Francisco General Hospital's proposed helipad. The supervisor did not take a position on this issue, but she shares many of the same concerns held by residents. She stated that SFGH needs to do a better job of reaching out to the community. Over a year ago her aide, Sarah He, took part in a landing exercise and reported that the sound level was extremely loud. Maxwell declined Hill resident Chris Sabre's request to oppose the plan, while promising to get the hospital to be more forthright and engaging with the local stakeholders.

The other was the sound generated by the two Rolling Stones' concerts at SBC Park earlier in the month. Responding to a question of how the city can continue allowing amplified music events at the ballpark to violate the ordinances and permits, she promised to get real answers from the Giants, the Entertainment Commission, the Police Department, and the Mayor's Office. She has spoken with Police Chief Heather Fong and Robert Davis, executive director of the Entertainment Commission, and assured the audience that they would be fully engaged in the creation of a workable and enforceable solution.

It was pointed out that the Port, the Giants' landlord, does not receive any income from these events and that it may be time to review the conditional-use permit and modify the terms to benefit

the city and ensure compliance.

Maxwell discussed her latest piece of legislation, (co-sponsored by four of her fellow supervisors) that would provide more local oversight for stores that sell liquor. Public hearings before the City Service Committee in January will lead to an ordinance that would set operating criteria for those stores. It is a "Good Neighbor" program that establishes standards for stores to follow. The ordinance will be similar to successful programs in Oakland and Seattle.

Asked if she supports placing surveillance cameras at crime hotspots, Supervisor Maxwell did not hesitate to say "No," surprising most of the audience. She went on to say that a better solution was to get more community policing. She supports Chief Fong's request to add 250 officers if plans to utilize them for community involvement are included. City agencies and other entities, such as the schools, need to pay more attention to the minority of people who are involved with crime. There may be cases where cameras will help prevent and solve crimes, but the place to start is with community policing, she said.

Finally, Maxwell reported that two jobs-related issues, high on her list, were getting the support they deserve: The CityBuild program, which helps connect job seekers and trade apprentices with contractors on city jobs, and the First Source Hiring policy. However, the latter lacks teeth and is often ignored. Maxwell assured the audience that she is working to strengthen its power. Maxwell assured the audience.

The Boosters Association meets once at month at the Neighborhood House.

Joe Boss, a resident of Dogpatch, is a frequent contributor to The Potrero View.



We Get Letters

The Sound of Music . . . and Pile Driving

Dear Readers of the Potrero View, residents of Potrero Hill and of the City:

On behalf of the Giants and the San Francisco Entertainment Commission, we wish to apologize for the disturbance that occurred as a result of the recent Rolling Stones concerts at SBC Park.

After the early morning Sunday, sound check and show that evening, I had several discussions with your Supervisor Sophie Maxwell, the Giants, and the promoter. We developed a plan to modify the speaker layouts. We had all hoped that this would improve the situation for Tuesday's concert. Obviously, based on our observations and your calls, the improvement was not sufficient.

We will be meeting with the Police Department, the Giants, and the public to determine how we can prevent this type of disturbance in the future. We will be notifying the public well in advance of the meeting.

Thank you for your cooperation.

Robert Davis
Executive Director
S.F. Entertainment Commission
Room 453, City Hall
415-554-7793 (v)
415-554-7934 (f)

Editor:

If your readers are sick and tired of the noise of pile driving in the Mission Bay Development on the weekends, they can register a protest through a petition now being circulated.

The petition requests that pile driving be permitted only between the hours of 8 a.m. and 5 p.m., Monday through Friday, and that no pile driving be allowed on weekends. The Mission Bay project work is expected to go on for seven years, and the idea of pile driving every weekend for that long is just unacceptable. The response to the petition so far is that in the first week of circulation there was tremendous enthusiasm.

If your readers would like to help circulate a copy of the petition, or just to sign it, they can contact me at 415-861-3420, or e-mail boatcartoon@webtv.net

Kevin O'Connell
Channel Street

Please send letters to The Potrero View at 953 De Haro, San Francisco, CA 94107, or to editor@potreroview.net.

Letters must be signed and include a street address and a phone number. Letters may be edited for length and clarity.



GETTING INVOLVED

Dogpatch Neighborhood Association meets the second Tuesday of each even-numbered month at 7 p.m., at 50 Tennessee Street. Next meeting: December 13.

PHAMB (Potrero Hill Association of Merchants & Businesses) meets the second Tuesday of each month at 10 a.m. at Goat Hill Pizza, corner of Connecticut and 18th Streets. Visit www.potrerohill.biz. Next two meetings: December 13 and January 10.

PHPA (Potrero Hill Parents' Association) meets on the first Friday of the month in the playground behind the Potrero Hill Recreation Center at Madera and Arkansas streets at 12 noon. Next two meetings: December 2 and January 6.

Potrero Boosters Neighborhood Association meets the last Tuesday of each month at 7 p.m. (social time starting at 6:30 p.m.) in the wheelchair-accessible Game Room of the Potrero Hill Neighborhood House, 953 De Haro Street. For more information visit www.potreroboosters.org or call President Tony Kelly at 341-8040 or e-mail him at president@potreroboosters.org. No meeting in December. Next meeting: January 31.

Potrero Hill Garden Club usually meets the last Sunday of the month at 11 a.m. for a potluck lunch in a local home or garden. Informal discussion will be held on a variety of subjects relating to organic, edible, or ornamental gardening appropriate for Potrero Hill's particular mini-climate. Call 648-6740 for details.

ROSES (Residents of the Southeast Sector) meets the first Thursday of each month with members of the S.F. Police Dept. to discuss issues of public concern. The Forum takes place at 7 p.m. in the community facility downstairs at 1800 Oakdale at Phelps. Refreshments served after the meeting. Next two meetings: December 1 and January 5.

SFGH Rebuild Updates, neighborhood meetings hosted by S.F. General Hospital every second Wednesday, 6-8 p.m., 2789 25th Street, Rooms 2001-2003. San Francisco must rebuild its only safety net hospital and trauma center in order to meet higher seismic safety mandates. Call 206-5784 for more info. Next two meetings: December 14 and January 11.

Starr King Openspace Board of Directors meets the third Tuesday of each odd-numbered month at 7 p.m., Potrero Branch Library, 1616 20th Street. Next meeting: January 17. Volunteer for the Park work days continue every month on the third Saturday, 9 a.m.-1 p.m. Next two work days: December 17 and January 21 at the park, Carolina Street, south of 23rd. Mail: Starr King Park, P.O. Box 880293, S.F., CA 94188-0293. Call 810-4900 for more information.



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SFPUC Report

Potrero Heights Reservoir Upgrade Begins this Month

New Pipeline Will Improve Water Pressure

In December, the San Francisco Public Utilities Commission (SFPUC) will begin upgrading the Potrero Heights Reservoir at 22nd Street between Carolina and Wisconsin streets. The reservoir, built in 1897, is the fourth oldest in the city and has a capacity of 1 million gallons.



Potrero Heights Reservoir
Abigail Johnston photo

In 1996, it was determined that the reservoir itself was structurally inadequate and in need of seismic upgrades to satisfy current codes. The SFPUC will replace the reservoir roof, reinforce the supporting columns for seismic durability, and upgrade the piping and electrical systems. A 10-foot maintenance roadway also will be constructed around the reservoir to provide service crews greater access, and

enhance the landscaping. Construction activities will begin with removal of the existing elevated steel water tank and pump station. The estimated completion date of this project is winter 2007.

The old tank and pump station will no longer be needed because a 16-inch water pipeline linking the McLaren Tanks to the reservoir was completed this past summer. The new pipeline will improve neighborhood water pressure from about 30-to-35 pounds to approximately 50-to-55 pounds. Water quality will improve, too.

Contractors for this project will be West Bay Builders, Inc. Representatives from both the SFPUC project team and the contractor will be present at the January 31 meeting of the Potrero Boosters to review the project and take questions.

Contact Robert Lopez, SFPUC Communications, at rlopez@sfgwater.org or 415-554-3286 for more info about the project.

CT Project Update: Air Quality Monitoring Program Continues

The SFPUC is continuing to monitor air quality in San Francisco's Southeast. Specifically, the agency is measuring the concentration of particulate matter in the air. To find out more about this ongoing program, visit www.sfgwater.org, click on "Projects and Plans" at the top of the home page, then "energy" in the left-hand menu on the succeeding page. If you scroll down that page, you'll find the story on the air quality-monitoring program. Follow the links from then on and eventually you will arrive at the monitoring results, which are updated monthly.

If you have any questions about the Combustion Turbine ("Peaker Plant") Project or the air quality-monitoring program, contact Jim Marks, SFPUC Communications, at jmarks@sfgwater.org or 415-554-3237.

New Laws Will Protect Foster Care Youth

by Mark Leno
Assemblyman, 13th District

Greetings Neighbors! Over the course of the 2005 legislative session, one of my proudest moments was shepherding through my package of foster care youth initiatives into law. These four pieces of legislation will help to provide our foster youth with the stability they need to become successful citizens. I would like to share with you some of the changes these new laws will bring when they become effective on January 1.



Assemblyman Mark Leno

The first bill, AB 519, addresses the problem of "legal orphans" — children who have been freed for adoption, but have yet to be adopted. These children, separated from parents who may have abused or neglected them, also suffer the permanent loss of their legal relationships to grandparents, siblings, and other relatives. Roughly one in six children in foster care for more than three years falls into this category. And under previous law,

juvenile courts had no power to set aside, change, or modify an order terminating parental rights once made — even when all parties agreed that there had been a material change of circumstances in which it was now in the child's best interest to have a parental relationship restored.

AB 519 allows legally-orphaned children, through their court-appointed dependency attorneys, to petition the court to restore parental rights if, after the passage of at least three years, they can show that they are no longer likely to be adopted and that reinstatement of parental rights would be in their best interest.

The second bill, AB 1412, will help ensure that, eventually, no child will be emancipated from the foster youth system without a loving connection to a committed adult — a top-priority bill sponsored by the San Francisco-based California Youth Connection, an organization of current and former foster youth working for positive change in the foster care system. Currently, social workers are required to ask foster youth over the age of 10 who have been placed in group homes for periods longer than six months about important relationships they may have with caring adults, and work to maintain those relationships during the youth's time in foster care. This bill sets forth an orderly phase-in that will eventually extend this requirement to maintain important adult relationships for every foster youth over the age of 10, regardless of her/his foster care placement.

This new law will help foster youth maintain relationships with committed adults to help them through the bad times, provide guidance and celebrate their successes. Foster youth point to the need for a "forever family" as their most

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Personal View

Upset by Stones Gig Noise? Go Make Some of Your Own

by Judy Baston

There are some — many, I fear — who will say that my neighbors and I are looking a gift horse in the mouth. It's as if we're being given tickets to live performances by the Rolling Stones and we're saying, "thanks, but no thanks."

Others have said that we — or I at least — am getting old.

And a letter to the San Francisco Chronicle Datebook (from a Belmont resident, I noticed) charged that those of us who complained about the deafening noise from the November 13 and 15 Stones Concerts at SBC Park have made the city "officially uncool."

To all of these charges, I plead guilty. I happen to be one of those who think that what is truly uncool is having no control over what we hear and how loud we hear it.

Not that anyone on Potrero Hill needs a recap, but here goes. The two concerts (as well as the 10 a.m. rehearsal on Sunday, November 13) blasted not only the Stones but opening act Metallica to the Hill two miles away. It was so loud that I and many of us on the Hill couldn't have a telephone conversation, watch TV or listen to our own music. There was nothing the Police Department could do

about the noise, I was told when I phoned them. Call City Hall. They're the ones who issued the permits.

On Monday, residents of the Hill as well as nearby neighborhoods such as Noe Valley and Glen Park did call City Hall — the Mayor's Office, members of the Board of Supervisors and the Entertainment Commission. And although some adjustments were made to speaker alignment and volume before the Tuesday evening Stones concert, the noise level here on the Hill was still far too high.

The Commission knows it will have to do something to prevent this from happening again. But what the Commission is willing to do and how effective it will be will depend on those of us on the Hill who want to make sure we never have to endure noise like that again.

Back in May 2001 when the Dave Matthews Band played the first concert ever held at what was then called Pac Bell Park, the Hill was also blasted by the noise.

Current City Attorney Dennis Herrera, a Dogpatch resident, was then a member of the Police Commission. He immediately called Police Commander Rick Bruce, who quickly put together a

(Continued on Page 13)

Potrero Heights Reservoir

You Have Questions — SFPUC Has Answers

How will this project affect parking? Street parking will be removed on the reservoir side of Wisconsin Street to accommodate a construction field trailer. The Fire Department will not allow the trailer to be parked on 22nd Street, due to clearance issues. At times during project construction, parking will be restricted on 22nd and Carolina streets. Signs will be posted well in advance to alert residents about these restrictions.

How will this project affect pedestrian access? Depending on the types of construction activities going on, there may be restricted pedestrian access on 22nd, Carolina and Wisconsin streets. For example, excavation on 22nd Street would restrict pedestrians from walking along the reservoir side of that street. Construction flaggers will be on site to direct pedestrians and traffic.

What about noise? It is expected that noise will be generated from the use of heavy equipment such as an excavator. Noise control measures such as additional muffling, isolation of loud equipment, replacing older equipment with newer, quieter models, and shielding noisy equipment will be used to reduce construction noise.

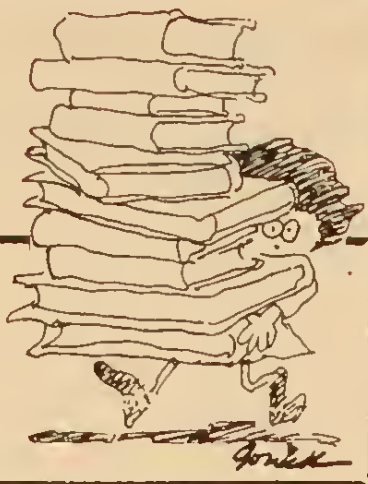
When will construction take place? Construction hours will be 7:30 a.m. to 4 p.m., Monday through Friday. No weekend work is anticipated, but that could change depending on unforeseen circumstances or weather conditions. If weekend work is required, public notices will be sent out to the neighborhood (delivered in person, not by mail) at least 48 to 72 hours in advance.

Will there be any disruption of water service? No disruption of water service is anticipated throughout the project.

LIBRARY NEWS

POTRERO BRANCH
1616 20th St. / 355-2822

Closed Sunday and Monday
Tuesday: 10 am - 8 pm
Wednesday: 12 noon - 8 pm
Thursday: 10 am - 6 pm
Friday: 1 pm - 6 pm
Saturday: 1 pm - 6 pm



BRANCH RENOVATION UPDATE

Ever since the first of many meetings was held in Potrero Hill, many folks have taken part in a collaborative effort between the Library and the community to produce a design for a renovated and expanded two-floor library. The latest proposed design for the Potrero Branch came before the Library Commission at its November 18 meeting and was well received by the Commissioners. The plans now move to the next stage, where the architects continue to fine-tune the design and where City planning approvals must be obtained prior to the start of construction. While much work still needs to be done, many thanks to those of you who have taken an active interest in the renovation through such things as participation in community meetings or giving written and verbal responses to proposed designs. Stop by the library today to get a close-up look at the current design. You can also check the library's website at <http://sfpl.org/news/blip/potrerosurvey.htm> and click on "Design Plans" to view the design. For further information about the Branch Library Improvement Program, please call 415-557-4354.

AND MORE NEWS ON THE RENOVATION

Here's the latest on what's happening with artwork for the library building. The first meeting of the seven-member Potrero Branch Community Artist Selection Panel will take place on Wednesday, December 7, 2 p.m. to 5 p.m., to select three semi-finalist artists from a prequalified artist candidate pool. The meeting will be held at the San Francisco Arts Commission office, 25 Van Ness Avenue, lower level conference room, Suite 70, and is open to the public. For additional information about this project, please call Judy Moran, Arts Commission Public Art Project Manager, at 415-252-2586.

COUNCIL OF NEIGHBORHOOD LIBRARIES

Potrero Hill resident and long-time library user Catherine Reed now serves on the Council of Neighborhood Libraries, a community advisory group that meets and works with the Chief of Branches for San Francisco Public Library. Ms. Reed joins Christina Quiroz in representing this neighborhood on the Council.

AUTHOR NIGHTS AT POTRERO BRANCH LIBRARY

Please come and join us for the following author readings:

Wednesday, December 7, 6:30 p.m.:

Eric Martin will read from his latest novel, *Winners*.

Wednesday, January 11, 6:30 p.m.:

Victoria Zackheim will read from her novel, *The Bone Weaver*, and discuss the technique of weaving family vignettes into fiction.

UPCOMING CHILDREN'S PROGRAMS

Get a taste of Russian music, dance, and culture without having to leave the city! Ballet Russe of San Francisco comes to the library on Saturday, December 3 at 4 p.m. to present the program entitled, "The Russian Collection." For children ages 5 and older.

In January, come for a lively and festive afternoon of Chinese Lion Dance as we welcome in the Year of the Dog (lunar year 4704) on Saturday, January 14 at 5 p.m. For children of all ages.

Both of these programs are made possible by funding from the Friends of the San Francisco Public Library.

Here's the lineup for our regular weekly and monthly programs:

Infant/toddler lapsit, featuring stories, songs, and rhymes on Thursdays, December 1, 8, 15, 22, 29 and January 12, 19, 26 at 10:30 a.m. For children newborn through age 3.

Evening storytime on Tuesdays, December 6 and January 3, 17, 24, 31 at 7 p.m. For ages 3 through 7.

Evening films galore (for ages 3 and older) on the following Tuesdays at 7 p.m.:

December 13: *A Bear Called Paddington*, *Little Train*, and *Red Ball Express*.

December 20: *Chicken Little*, *Chicken Soup with Rice*, *Pete's a Pizza*, and *The Mole and the Christmas Tree*.

December 27: *Corduroy* and *Danny and the Dinosaur*.

January 10: *Musical Max*, *Joey Runs Away*, and *The Mole and the Hedgehog*.

All library programs are free. Meeting room is not accessible by elevator. Groups, please call in advance for reservations.

AND TO ALL OF YOU

Best wishes for a joyous holiday season from all of us on the library staff—Art Arrieta, Lois Chan, Lisa Franks, Lia Hillman, Amelia Martin, Steve Patapoff, and Jensa Woo.

Jensa Woo

Potrero Branch Library Manager

TEN YEARS AGO

In The View

PERMIT PARKING APPROVED FOR POTERO HILL

November 21 the Parking and Traffic commission approved the long-disputed Residential Permit Parking Program for the San Francisco General Hospital area. The program calls for the blocks surrounding the hospital to be established as a permit parking area with a one-hour time limit between 8 a.m. and 8 p.m., Monday through Friday. Residents of these areas may be excluded from the time limits if they secure permits for \$21 per year per vehicle. The program will begin when the SFGH parking garage opens in mid-1996. In response to petitions the boundaries of the area have been changed to exclude Carolina, Rhode Island and DeHaro Streets between 22nd and 23rd streets; Rhode Island between 24th and 26th; and a portion of San Bruno Street south of 25th Street.

LONGTIME HILL PHARMACY GOES OUT OF BUSINESS

Archison's Pharmacy, a fixture on 20th Street across from the Library for more than 40 years, had to close down December 22. Cliff and Bernice Wong, bought the business when Dave Bonelli retired. Cliff had worked there as a pharmacist for 33 years. Cliff went to work at the Safeway Pharmacy, and took all the prescription records with him. The pharmacy shut down at the beginning of December, but the rest of the store, which included general merchandise and a postal substation, stayed open until December 22. The closing will mark the first time in decades that the Hill will be without a neighborhood drugstore. Cliff noted that there were now only two independent drugstores left in the southeastern part of town. The independent pharmacies are forced out by the health care industries' move to managed care and MediCare practices of reimbursing the provider at far less than his cost.

NO WITNESSES TO SHOOTING AT FOURWAY MARKET

On November 8 Ronnie Hodges Jr. was chased into the Fourway Market at 23rd and Arkansas by someone who had fired several shots at him outside the store. Although there were other customers in the store, neither they nor the owner, Mohammed Nasser, were able to provide any identification of the shooter. The store's video camera had no cassette. Hodges had served time in prison and was on parole at the time he was shot.

SFPD HOUSING AUTHORITY TASK FORCE DEACTIVATED DUE TO LACK OF FEDERAL FUNDS

The SF Police Department's Housing Authority Task Force has been officially disbanded, although its 23 officers are continuing to work, and will be farmed out to the various police districts where they will help train beat officers in Task Force community policing strategies. Captain Hettrick of Potrero Station said his station is prepared to take up the slack by having patrol cars in the projects on a daily basis, and coordinating patrol units with people in the developments.

CITIZEN PATROLS WATCH POTRERO AND PORTOLA AREAS

Beginning in January, Community Patrols composed of private citizens will cruise the Hill nightly scouting for trouble. They will be armed only with cellular phones, by which they will report trouble directly to Potrero Station. Patrols began in the Portola Valley Area, where up to four squads of civilians now patrol nightly. According to one of the squad leaders assault and robbery have decreased since the patrols began.

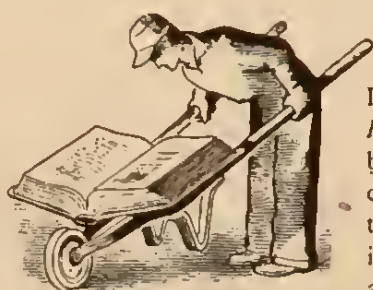
AND TWENTY YEARS AGO . . . Father Peter Sammon reported on his recent fact-finding trip to El Salvador . . . "Community and issue groups" charged that the Mission Bay project planning process was "designed to disenfranchise — rather than involve — them . . . Hill schools score low in test results . . . A classified ad: "I will do light housework or take care of your plants. In exchange, you will allow me access to your year-round Potrero swimming pool."

— Bernie Gershater



Lorraine Vinson, a Potrero Hill resident since 1969, was among the honorees at a party hosted by the Special Events Department of Saks Fifth Avenue recently. The purpose of the gathering was to recognize the contributions of people who have improved the quality of life in their neighborhoods. Lorraine was honored for her efforts over the past 30 years in developing and maintaining the Community Garden at Twentieth and San Bruno streets across from McKinley Park. The event was photographed by the Hill's Christopher Irion. The photos will be on display at Saks sometime in 2006 . . . The Thanksgiving Day issue of the S.F. Chronicle weighed 3 lbs — 2 1/2 lbs of which were ads . . . A little-known city treasure has closed. The Golden Gate

Railroad Museum at the Hunters Point Naval Shipyard lost its lease in August — as did all the other tenants of the Shipyard, including the many artists who have studios there, as the Navy embarks on an environmental cleanup project. It's going to be tough on everybody to find new quarters, but it will be especially tough on the museum, what with its core collection of rolling stock, locomotives and railroad cars, and need for huge workshop and storage space. Imagine, you could actually "Rent-a-Locomotive" there and be an engineer for a couple of hours! Check out the website: www.ggrm.org . . . Can anybody out there fill the Bird in on the history of the church buildings at the top of Rhode Island? They have been converted into a private residence and painted in cheerful shades of yellow and orange . . . The Bird, being a bird, is interested in other birds. He thinks he saw a blue winged warbler in a Baja Potrero Hill backyard recently. But blue winged warblers do not frequent these parts. Another call for anybody out there: Is there some other bird it could possibly be? In the same backyard he saw a guinea fowl, but it turned out to be somebody's pet . . . Cheep to me at wtattler@potreroview.net



THE VIEW AT THE LIBRARY

If you are searching for a story that ran in *The Potrero View* a long time ago, take a look at the bound volumes at the Potrero Branch Library which contain every issue from the very first one in 1970 through 2000. Also at the library are unbound back issues from 2001 to the present. All these materials are available for use at the library

Head Start Funds at Risk

Despite being one of the most successful programs in the federal government, Head Start, which gets America's poorest children ready to learn in kindergarten and beyond, would be decimated by funding cuts equal to 35,432 fewer classroom slots — including 500 or more in each of 23 states — under a proposed two percent reduction in federal discretionary spending, according to the National Head Start Association (NHSA).

The NHSA estimates are based on the plans unveiled in October by U.S. House Speaker Dennis Hastert (R-IL) to cut fiscal year 2006 spending. Hastert failed to identify a percentage for the across-the-board cuts, but House staff members have suggested that those cuts would be at least two percent, which would mean a cut of \$82 million to Head Start and Early Head Start.

NHSA also calculates that the effects of a two percent cut would result in the equivalent of closing enrollment to at least 35,000 currently served children. Although House leaders did not have the votes to push through a broad-based spending cut they have vowed to press ahead with the plan.

On a state-by-state basis, the 10 biggest losses would be seen in: California (3,870); Texas (2,651); New York (1,928); Illinois (1,552); Ohio (1,487); Florida (1,391); Michigan (1,374); Pennsylvania (1,207); Mississippi (1,046); and Georgia (917).

Among the hardest hit Head Start programs would be those serving America's most at-risk children: migrant/

seasonal worker families (1,297 slots); and American Indian/Alaskan Natives (928).

NHSA Board Chairman Ron Herndon, who also is director of the Albina Head Start program in Portland, Oregon, said "These cuts could be horrific, quite literally balancing the budget on the backs of the poorest and most at-risk kids in this nation. However, the reality is that chronically inadequate funding for Head Start already is forcing programs to alter and, in some cases, kill services and teacher positions that otherwise would make a real difference in the lives of Head Start children." And, he continued, "Ironically, the funds continue to be slashed at the very point where demands are being placed on Head Start programs to hire more teachers with degrees."

The National Head Start Association is a private not-for-profit membership organization dedicated exclusively to meeting the needs of Head Start children and their families. It represents more than 900,000 children, 200,000 staff and 2,700 Head Start programs in the United States. The Association provides support for the entire Head Start community by advocating for policies that strengthen services to Head Start children and their families; by providing extensive training and professional development to Head Start staff; and by developing and disseminating research, information and resources that enrich Head Start program delivery.

There is one Head Start facility on Potrero Hill and six facilities in other areas of the city.

Commitment to American Competitiveness

By Nancy Pelosi
House Democratic Leader

America built the world's most vibrant economy and leads the world in scientific discovery, but the dynamic and virtuous cycle of innovation that secured our status as world leader is facing a challenge from countries across the globe.

Other countries are following what has been the United States' blueprint for decades, investing heavily in improving their educational systems, particularly in science and technology. They are making a commitment to long-term research and development, while we are allowing that commitment to falter.



Representative Nancy Pelosi

Democrats believe that together, America can do better. That is why, over the past several months, we have sought out the best possible thinking on how to secure America's place as the world leader in innovation. Here in the Bay Area, Representatives George Miller, Anna Eshoo, Zoe Lofgren, and I met with leaders in the high-technology, venture capital, academic, biotech, and telecommunications sectors from Silicon Valley, to identify priorities that will guarantee our economic leadership throughout the world. The Bay Area has been an incubator for innovation and a model for the rest of the country. We were invigorated by the freshness of their thinking and the depth of their commitment to the future.

Last month we unveiled our "Innovation Agenda: A Commitment to Competitiveness." This Innovation Agenda is a challenge to the Congress and the country to renew our commitment to the public-private partnerships that will secure America's continued leadership and unleash the next generation of discovery, invention, and growth.

It recognizes first that in a globalized,

knowledge-based economy, America's greatest resource for innovation and economic growth resides within its classrooms. To create a new generation of innovators, our agenda calls for a qualified teacher in every math and science K-12 classroom, so that through scholarships and financial aid, we will add 100,000 new scientists, mathematicians, and engineers to America's workforce in the next four years.

Second, we recognize that independent scientific research provides the foundation for innovation and future technologies. Our agenda will double federal funding for the National Science Foundation and basic research and development in the physical sciences. We will promote the public-private partnerships that will translate new ideas into marketable technologies, and modernize and make permanent the R&D tax credit.

Third, our agenda calls for universal broadband, so that every American will have affordable access to broadband services within five years. All Americans, no matter where they live, should be no more than a keystroke or a mouse click away from the jobs and entrepreneurial opportunity that affordable broadband service can both create and support.

Fourth, we recognize that only innovation and technology can lead America to energy independence, which we intend to achieve within 10 years. We will achieve greater energy and national security by developing new emerging technologies in areas such as synthetic and bio-based fuels, and creating a new streamlined approach to develop high-risk research and transfer it as rapidly as possible from the lab to the marketplace.

Fifth, Democrats recognize the need to create a competitive small business environment for innovation. Our agenda calls for affordable health insurance, small business financial support and technical assistance, reduced regulation, and protection of intellectual property.

There will be those who say that we can't afford to make these investments. Democrats believe we can't afford not to make them. We intend to submit them to the rigors of pay-as-you-go budgeting, so they will not add to the deficit, but instead will grow our economy.

Our innovation agenda is part of our vision for a stronger America. Because of the spirit, optimism, and ingenuity, of the American people, Democrats believe that together, America can do better. This is our obligation to the future. This is our Democratic commitment.

Contact Nancy Pelosi's District Office at 415-556-4862 or e-mail her directly at sf.nancy@house.mail.gov

Efforts Underway to Civilize Traffic on Cesar Chavez

By Fran Taylor

A working group of neighbors, bicyclists, and pedestrian advocates has started the ball rolling in a campaign to change Cesar Chavez Street from a "traffic sewer" to a "complete street," defined as "a roadway built for safe and comfortable travel via all modes: automobile, foot, bicycle, and mass transit." Traffic sewer needs no definition.

Calling itself C.C. Puede in a pun on the UFW's slogan *¡Si, se puede!*, or "Yes, we can!", the group circulated petitions in October and November to assess neighborhood support. Several hundred signatures later, C.C. Puede is preparing to turn in the petitions to the Department of Parking and Traffic, with copies going to each of the supervisors whose districts are touched by Cesar Chavez: Dufty, Ammiano, and Maxwell.

The process of actually implementing any of the suggested changes—removal of traffic lanes or parking and striping of bicycle lanes, for example—follows a long and tortuous course. DPT engineers study the problems and come up with designs, which then undergo review from the neighborhood at public hearings. A year or two can pass from petition to fruition.

The eastern stretch of the street from the Bay to the 101 freeway maze near Potrero Avenue is considered the least controversial segment and the easiest to tackle first. The area is largely industrial, with residences along the corridor set back at least a block from Cesar Chavez. While the six-lane segment between the freeway and Guerrero may see a reduction to four traffic lanes, the eastern part already has only two traffic lanes in each direction and will probably lose parking on one side

instead to accommodate striped lanes for bicycles.

The first step is to identify the problems. Peggy da Silva, the former director of Walk San Francisco, now works at Veritable Vegetable on Cesar Chavez at Tennessee. "Several of our staff members have tried riding their bikes to work along Cesar Chavez, and it's awful," she said. "The traffic is hellacious along the roadway. The streetcar tracks at Third and Cesar Chavez need to be flat so we don't fall in them. There are lots of old tracks on Illinois, too, that should be removed."

Silva also noted that sidewalks and trees are missing along much of the eastern portion. "It is an interesting challenge to think about how to make a very industrial stretch of roadway pedestrian- and bike-friendly," she said. "There are a lot of trucks, which should be there. We don't want to reduce them, but we may want to reduce other motor vehicle traffic."

Unfortunately, transit options are few. The #15 travels on Third Street, the #19-Polk crosses at Evans/Connecticut, and the #9-San Bruno runs up Bayshore/Potrero, though it doesn't stop at or near Cesar Chavez. Between them—nothing. Muni runs no lines east-west through the 101 freeway maze. This lack of alternatives and the street's fairly flat topography could make Cesar Chavez a natural magnet for bicyclists if road conditions were less daunting.

The western edge of Potrero Hill's portion of Cesar Chavez is defined by the freeway maze, known to cyclists as "the rapids." Bicycle commuters going to the 22nd St. Caltrain station face this obstacle daily. Improvements there, including a

(Continued on Page 28)



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Climb Any Mountain: Achieving Your New Year's Resolutions

By Nadia Prescott

Do you feel a sort of panic setting in around this time of year? An inner dialog that goes something like this: "Yikes! ...the holidays are nearly here...time to set New Year's resolutions...BUT I haven't even accomplished this year's goals...I'm such a failure...Maybe if I set brand new goals, I'll be successful...that one thing everyone tells me I must do, surely I can accomplish just THAT..."

Resolutions are, simply put, the commitment(s) you make to reach a goal. Yet most of us make resolutions based on wishful thinking and dreams. Occasionally we cling to big, hairy goals we have absolutely no chance of reaching. Or worse, we grasp onto someone else's suggestion of what we should do. So, before rushing headlong into a list of New Year's resolutions, I urge you to STOP! Take time to be thoughtful about what you want to accomplish in 2006.

If you make a resolution to go on a diet, the overall goal might be to lose weight. Or, better still, to be healthier. Ask yourself what will be possible when you reach this goal. How will your life be different? Will you feel more attractive? Will you be able to wear different clothes? Will you be able to do a job you have always wanted to do, or have the confidence to be in a relationship?

Whatever your resolution is, be very clear on the trade-offs required. What will you need to say "yes" and "no" to? Most importantly, ask yourself how committed you are to keeping these promises. If you're not willing to give up Monday night football to take class at college, you may not succeed in your larger goal of a new career.

Review and learn from your achievements, disappointments and failures this year, and the behaviors that helped you succeed or fail. Asking for feedback from others is a vital part of this process; so often, we are not aware of how we operate or create roadblocks. Regular feedback from unbiased sources is critical for "course correction."

Smart businesspeople do this all the time. They review comprehensive data on business expenses, sales trends and performance for the past year and seek projections and reports for the future. Goals naturally evolve from this process. Perhaps a market opportunity can be exploited. If so, what processes and resources must they have to be successful? For example, if a company was already operating at full capacity, to increase sales by 30 percent, a CEO would need to increase manufacturing and sales resources or devise a strategy (i.e. resolution) to leverage business partners. S/he might decide increasing sales by 30 percent may be the goal over a three-year period, with a 10 percent increase annually, is the more achievable "resolution." Interim steps are often the way to achieve goals and lasting change.

Three years ago, I left my job at a large software company to accommodate my need to do less computer work, and take better care of my health. Deciding to become a coach was an easy decision, taking into account my experience and skills. It then took another two years to find the particular market niche which would utilize my strengths and interests. And I used to be in marketing! Initially I focused on people with disabilities, and then on attorneys. Neither was successful. At this point, I had to be open to review-

ing the data from "my experiments", ask for feedback, and be willing to make the necessary changes to meet my larger goal. Today, I am happily focused working with small business owners (including attorneys!) and non profit organizations.

One of my clients, Martin D. wanted to expand his chiropractic business. The first thing he had to do was set clear goals. He also had to decide what he wanted his role to be. Did he want to work in his business or on his business? Accounts, administration and marketing all had to be handled. Did he want to work harder or smarter? Martin could be the best chiropractor in the world, but if no-one knew about him, his business would fail. What had to be done to generate more clients, and what he was personally willing to do in this area? Like many of us, Martin did not like business development work. Our discussions led to personal development goals, and a business plan with long term goals and interim steps in each area to keep him motivated. Without clear goals, and a plan for managing the business, most of us get caught doing more than we ever did before.

Another client, Liz H., had terrible back and knee problems, and wanted to be healthier in 2004. We identified measurable exercise and diet goals. Liz quickly realized she could not meet these goals without committing to changes in her work schedule. She also asked her husband and family to help keep her on track. Soon Liz realized that she really wanted to change her career. Nineteen months later, Liz quit her job to focus on more creative pursuits. And I became one of her clients, purchasing one of her first designs!

To make sure you successfully climb

the mountain in 2006, set realistic but challenging short- and long-term goals which are specific and measurable in outcome and time. Work in those all-important interim steps to boost your sense of accomplishment and keep you moving forward over the long-haul. And, don't forget the reward system to ensure the journey to reaching your goals is a fun one!

Seven Ways to Set and Reach Your 2006 Goals

1. Appreciate and understand what you've accomplished this year.
2. Name the three lessons you've learned from your successes.
3. List your top three areas of challenge in 2005. What did you learn from these challenges? For example, how or where do you self sabotage? When encountering a roadblock, what could you do differently?
4. Consider how to apply these lessons as you start to set your 2006 goals.
5. Set goals which are attainable and yet will challenge you. If this seems overwhelming, consider hiring a coach to help you identify goals and move forward.
6. Write down your goals, the interim steps, and how you will celebrate the small and the big successes. Who will you do this with?
7. "Go public with your goals." Tell your significant other, friends or business colleagues about your goals and how they can support and hold you accountable.

Nadia Prescott is a Hill resident and executive coach working with people who want to work smarter and not harder! Reach her at nadia@emergingexecutive.com.

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1949-2005

David Gong

By Peter Delacorte

Friends and neighbors were shocked to learn of Hill resident David Gong's death on Thursday, October 27. The 56-year-old dentist was shot and killed near his office on Van Ness Avenue by an ex-patient who then shot and killed himself.

David Gong was born in Stockton on August 18, 1949. His parents, Chor and Betty, were storekeepers who had emigrated from China. Chor, who died in 2002, was proud that he'd fought with the U.S. Army during World War II.

David went to U.C. San Diego, where he made many friends, and where he began a lifelong love of sport fishing. As with everything he did, it was something he became very good at. If you were to have Googled David's name in mid-October, before he was murdered, you would have discovered mementos of his fishing life — pictures of a young man with large, exotic fish in New Zealand.

The pictures are still out there, but they're harder to find now, among the entries that concern his death.

David went to dental school at UCSF and decided to stay in San Francisco. He bought a practice at 2000 Van Ness Avenue, and it thrived. In 1981 he bought a three-unit building across from the firehouse on Wisconsin Street, one of whose tenants was my sister Erika. It was not an instant romance; Erika moved out when she bought a little house of her own on 20th Street. But she and her beagle, Charlotte, would jog regularly up the Wisconsin Street hill, and one day David asked if he could join them. They were married at City Hall in 1985, and their twins, Kate and Steven, were born in June 1986.

David's dental practice was extraordinary, his patients came from all over the socio-economic map: because he was fast and efficient, he saw a lot of patients; because he saw a lot of patients, he could afford to charge them less than the going rate; because he was a good and gregarious dentist, his appointment book was always full. Many of his patients were people who otherwise might have had poor dental care, or none at all.

David's talents did not end with dentistry and fishing. He was an avid woodworker who supplied friends and family with elegant chests, bookcases, and tables. Liana Szeto, principal of the Alice Fong Yu Elementary School (a Chinese immersion school attended by Kate and Steven), observed that David continued

making furniture for the school long after his children had graduated. He had recently remodeled his office and done much of the cabinetry himself.

Touring David's study on Wisconsin Street, one would find a wall-length bookcase (built by David) stuffed with fishing books and magazines; another, smaller case occupied by videocassettes and DVDs, many of them horror movies from the 1950s and 60s; a glass cage containing five tree frogs, who rarely if ever moved, a stack of state-of-the-art-15-years-ago stereo components; a slew of handmade fishing rods; a large and rarely watched Sony television; a big, sleek, professional-grade photo printer; a Mac G5 with a nineteen-inch monitor, and finally, in a sizeable glass enclosure between the desk and the television, a balled python named Louie.

David was an athlete. He earned a black belt in karate; he and Erika once bicycled the entire perimeter of the big island of Hawaii; he founded a softball team and managed it up the ladder all the way to the "A." league, which it won several times. He was a sports fan as well, of the sort who always expected his team to lose the big game. The 49ers of the 80s and 90s, of course, surprised him. But the Giants — especially in the sixth game of the 2002 World Series — always lived up to his expectations.

It could be said that David's life was consummately American. Two generations removed from rural villages thousands of miles away, he worked hard, made friends, moved to a beautiful city, found success, married, had a family, sent his kids off to college. But if his life was consummately American, so was his death.

We'll probably never know why an ex-patient, an immigrant from Ethiopia named Hailu Abje, chose to lie in wait for him on the street outside his office and shoot him in cold blood. Abje then retired to his Lincoln Town Car and used the same gun to kill himself. The weapon was a Norinco nine-millimeter pistol, manufactured in China. The gun had made the same journey as David's parents had fifty years earlier.

In addition to Erika, Kate and Steven, David leaves his mother Betty, two sisters, Diana and Darlene, and a brother, Steven. A memorial service held at Kelly's Mission Rock Restaurant was attended by more than six hundred people.

Peter Delacorte is a writer who has lived on Potrero Hill since 1972. His most recent book is Time on My Hands.



Frank Nelson

Diane Young photo

1938-2005

Frank Nelson

By Michael Lesser

Longtime Potrero Hill resident Frank Nelson has died. Frank was a remarkable human being. He was 67 years old when he died peacefully in his sleep, at his home on the Hill on October 28. Frank was an early civil rights activist and a participant in the progressive political and social movements of our times, from the 1960s to the present. His death is a huge loss for his family, friends, and the progressive community.

Frank was born in New York City on the Lower East Side of Manhattan in July 1938. When he was eight years old he moved to the Bronx with his mother, father and older brother Roger. There he attended P.S. 57 and the prestigious Bronx High School of Science. He was awarded a full scholarship to The Cooper Union for the Advancement of Science and Art School of Engineering where he received a degree in mechanical engineering, graduating at the age of 19. Frank worked at a series of engineering jobs in Los Angeles and New York City, but early on was drawn to the African-American struggle for equal rights. In 1961 he went south to join the Freedom Rides to desegregate public accommodations in Mississippi, Alabama, Louisiana, and Texas. Frank was arrested, beaten and jailed several times during his service in the civil rights movement, including a near lynching and a term in the infamous Parchman prison farm in Mississippi. It was during this time that he met Pat Smith. They married in 1962.

After leaving the South Frank moved to New York to work as an organizer with Local 1199, the Hospital Workers Union. When his wife moved to Europe to pursue a career in film, Frank traveled with a group of friends, settling in San Francisco in 1968. After a short time he moved to rural Oregon with members of the group.

There he met his long-time companion Stephanie Potter with whom he returned to San Francisco in the mid 1970s where he lived for the rest of his life. During this period Frank used his skill with numbers to help organize the finances of progressive groups including the Committee in Solidarity with the People of El Salvador and the Potrero Hill Neighborhood House. Meanwhile Frank was always there for friends who needed help. He was a skilled carpenter, plumber, electrician and house builder, and his work lives on in the homes of his many friends.

Frank was a voracious reader and an expert on military history and world affairs. He had a photographic memory he once used to mark in a friend's world atlas all the U.S. and Soviet military bases in the world on its maps. He was a pacifist who became a vegetarian when he could no longer justify the killing of other sentient beings, yet he always respected the rights of others to follow their own path. Frank leaves his loving brother Roger and his family, his ex-wife Pat, Stephanie, and scores of friends who will gather at the Potrero Hill Neighborhood House at 4 p.m. Saturday, December 3 to celebrate his life. All whose lives have been touched by this extraordinary man are welcome.

Michael Lesser, former civil rights movement and union organizer, retired last year as a program director for arts and humanities at UC Berkeley Extension. He met Frank in 1962 and has lived on the Hill for 35 years.

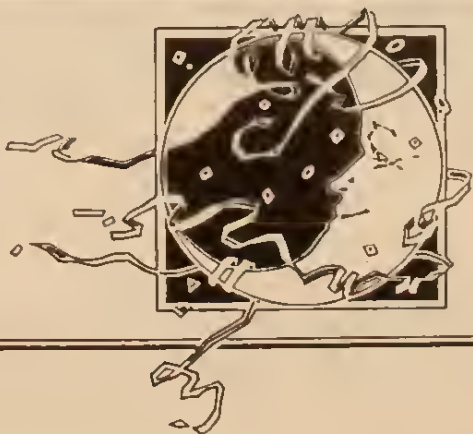
In Memoriam

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1910-2005

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David Gong

Photo courtesy the Gong family



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Holiday Crime Prevention Tips

By "Hawkeye"

The holidays are a special time of the year. Unfortunately, busy people become careless and some people are especially vulnerable to theft and other crimes at this time. The following tips can make your holidays safer and happier.

Out and About

- Be aware of your surroundings and people around you. Walk confidently and alertly.
- Lock your car and close your windows at all times even if you are gone for a few minutes. If you press a button on a key chain to lock the doors, stand by the doors to make sure the car is locked. Never leave the car unattended and running. Do not leave any packages or personal items in plain view in your vehicle. Lock them in the trunk. Never drive away from your building until the garage door is closed.
- Park in well lighted areas. Never park in an isolated area. Have your keys ready when returning to your vehicle.
- If you are waiting for a ride or taking public transportation, do so in a busy well-lit place.
- Never carry more money or credit cards than you will need that day.
- Be careful about displaying large sums of money in public.
- Keep shopping bags in your sight at all times. Don't burden yourself with too many bags or packages.
- Beware of pickpockets. Pickpockets work in crowded conditions. The thief will use the cover of a pressing crowd to get next to the victim and make the physical contact necessary for the theft. A pickpocket always does two things: They look down because they are looking for a "pocket" (purse) to pick. They use an object (jacket or newspaper) to conceal the pocket or purse and then remove the wallet. Purses and wallets may become targets at crowded shopping areas, bus stops, department stores, elevators, escalators, and restaurants. Carry your purse close to your body with the clasp or flap toward you. Place your purse on your lap when seated in public places (buses, theaters, restau-

rants, etc.) Do not put your purse under your chair or hang it on the back of the chair. When shopping, do not leave your purse or wallet in dressing rooms or on counters. When boarding public transportation, be aware of pushing and jostling.

• If you are shopping with your children, teach them to ask a store clerk for help should they become separated from you. Children should never go to a parking lot or to your car alone.

At Home

- Never open the door without asking who it is, even if you are expecting someone.
- Be aware of charitable solicitors who use the holiday season as a pretext to get money. It is illegal to solicit charitable contributions door to door.
- Lock your doors and windows even if you'll only be away for a few minutes, and give the impression that your house is occupied by leaving on lights, a radio or TV.
- Do not put large displays of holiday gifts in view of your windows or doors.
- Use an automatic timer for your lights if you're not going to be home during the holidays. Have a neighbor watch your house and collect your mail and newspapers.
- Make sure that the holiday lights are in good working order.
- Never burn wrapping paper in the fireplace.

With Your Neighbors

When hosting a party:

- Have non-alcoholic beverages available for party guests.
- Use a jigger when serving alcoholic beverages rather than pouring straight from the bottle.
- Find alternative transportation for intoxicated guests.
- Never drink and drive.

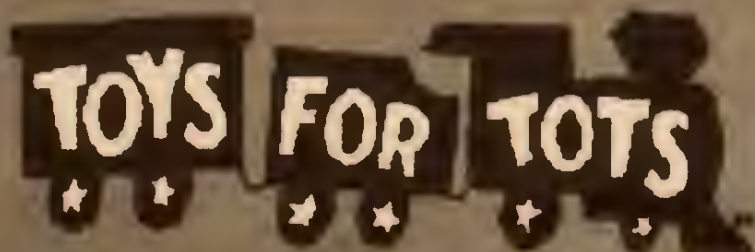
When going to a party:

- Know your safe limit and remember, only time eliminates alcohol from your body.

"Hawkeye," a Hill resident, is a retired law enforcement officer.

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Firefighters' Toy Program. Bring toys to donate to kids.

Artists of the Month and Window Display. The annual presentation by the clients of the Janet Pomeroy Center (formerly the Recreation Center for the Handicapped) is featured this month. A reception for the artists will take place on Friday, December 2, 7 p.m.

Live Music. Chuck Dark plays cool, live jazz. Saturday, December 3, 3 p.m. The Voice Studio showcase presents new talent on Tuesday, December 6, 8 p.m. Daniel Berkman plays the Kora (an African Drum), Thursday, December 8, 7 p.m. Stephon Alexander's last great jazz concert before moving East, Friday, December 9, 7 p.m. "President's Breakfast" the masters of funk, perform on Saturday, December 17, 3 p.m. and the Tobin sisters sing old fashioned American folk tunes, accompanied by guitar and fiddle on Tuesday, December 27.

Holiday Hours. Saturday, December 24, 7:30 a.m.-2 p.m. Sunday, Christmas Day, closed. Monday, December 26, 8 a.m.-10 p.m. Saturday, December 31, 7:30 a.m.-2 p.m. Sunday, January 1, 8 a.m.-10 p.m.



THE MODERN ART OF ORCHIDS. Orchids meet Jackson Pollock in *The Modern Art of Orchids*, a new exhibit featuring hundreds of nature's living masterpieces, orchids, on view through February 26, 2006. With a stylish and contemporary flair, this exhibit will immerse you in the abstract beauty of the world's most diverse group of flowering plants. Take a seat in the exhibit's Orchid Lounge to marvel at the riot of colorful blooms and innovative floral displays around you. In conjunction with *The Modern Art of Orchids*, the Conservatory of Flowers will host a series of "how-to" weekend workshops for orchid aficionados and amateurs alike. And families can pick up a free exhibit activity guide for children. Conservatory of Flowers, Golden Gate Park, Tuesday-Sunday, 9 a.m.-4:30 p.m. Tickets: \$5 general; \$3 youth 12-17, seniors and students with ID; \$1.50 children 5-11, children 4 and under free. For more information call 415-666-7001 or visit www.conservatoryofflowers.org.

SAN FRANCISCO PUBLIC LIBRARY. All events are free and open to the public and take place at the Main Library (unless stated otherwise), 100 Larkin Street at Grove. For more information call 415-557-4277 or visit www.sfppl.org.

Christmas in the Philippines: The "Ligligan Parol," the Giant Lantern Show of San Fernando, Pampanga. A multimedia presentation of the spectacular and



By Mary Wasserman

world renowned Giant Lantern Show, a long-held Christmas tradition and a popular tourist attraction in the city of San Fernando in the Philippines. A panel of proud San Fernandinos will share the ingenious technology and history of the art and craft of giant lantern making. Sunday, December 4, 1-4 p.m. Special added feature: the Annual Parol Lantern Festival and Patade in San Francisco.

Hyo-shin Na with the Del Sol String Quartet. Korean composer Hyo-shin Na introduces two of her string quartets — *Song of the Beggars and Fixed Stars* — which will then be played by the San Francisco based group, Del Sol String Quartet, Wednesday, December 7, noon-2 p.m. Ms. Na will comment on the activities of women composers in Korea, in relation to the Del Sol's upcoming concert at the Yerba Buena Center for the Arts on December 9.

Developing Minds: Learning to Relate to Others. This video explores social cognition or children's ability to relate to others and includes problems that many children face with this issue. The video features practical strategies that parents and teachers can use to help children become more socially successful. Wednesday, December 14, 6-7:45 p.m.

The Streets Have Spoken: Hip Hop Theater. Attend a hip hop theater program that addresses youth homicides in the Bay Area. Presented by Colored Ink and Brava Youth Theater Academy. Q and A session follows. Saturday, December 17, 1 and 3 p.m.

RANDALL MUSEUM. 199 Museum Way (off Roosevelt, above Castro and 14th streets). Museum hours are Tuesdays-Saturdays, 10 a.m.-5 p.m. Admission free. For information call 415-554-9600 or visit www.randallmuseum.org.

Drop-in Art & Science Workshops. \$3 per child, \$5 per parent-child combo. Saturdays, 1-4 p.m. December 3: Holiday Crafts. December 10: Paper Mosaics. Let Benny Bufano's mosaics inspire you to make your own paper mosaic creation. December 17: Glass Tile & Sea Glass Mosaics. Create your own miniature mosaic a la Benny Bufano with glass tiles and sea glass. December 24: Winter Solstice Sundials. Make, decorate, and learn to use your own simple sundial to honor the winter solstice. December 31: Print and Collage Calendars. Create a one-of-a-kind calendar for 2006!

THE CALIFORNIA ACADEMY OF SCIENCE. 875 Howard Street between Fourth and Fifth streets. Open daily 10 a.m.-5 p.m. Admission: adults \$7; youth 12-17, students with ID and seniors \$4.50; children 4-12 \$2; 3 and under free. Members free and free the first Wednesday of every month.

Ongoing Exhibits
African Penguin Colony: Feeding times 11 a.m. and 3:30 p.m. every day. **Coral Reef Caretaking:** A twenty-minute display of tank cleaning and feeding of the anemones and fish. Every Monday and Wednesday, 2 p.m. **Touch Tidepool:** Visitors can touch and handle the animals

that live along the California coastline. Every day.

Greek and Armenian Music. In a program entitled From Mt. Olympus to Mt. Ararat, the Koroyar Ensemble performs music from the eastern Mediterranean region, including love songs and ancient dance melodies, all to the rhythm of the dumbeg (goblet-shaped drum) and daoult (double-headed drum). Free with museum admission. Saturday, December 3, 1 p.m.

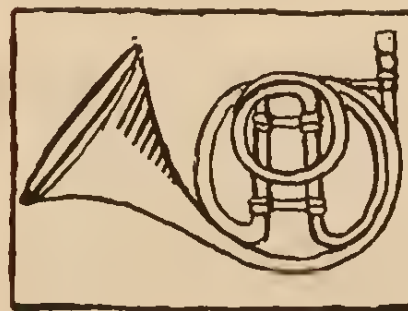
SPIDERS! Get up close and personal with a live tarantula, and discover the fascinating secret life of these misunderstood arachnids. Free with museum admission. Sundays, December 4 and 18, 11:30 a.m. and 2 p.m.

Scavenger Hunt. Ask questions, follow the clues, and explore the Academy's many exhibits on a self-guided scavenger hunt. At the end, collect a fun prize for all your efforts! Every day from 10 a.m.-5 p.m. Appropriate for children ages 5 and over. Free with museum admission.

Sky Fridays. Join an Academy educator for fun, interactive presentations on a variety of astronomical topics, from the Earth to the farthest reaches of the universe. Appropriate for children ages 5-12. Free with museum admission. Fridays, December 2, 9, and 16, 12:30 p.m. and 2:30 p.m.

Snake Feeding. Watch as an Academy biologist feeds the anaconda, python, vine snakes, and more, while answering all your SSSsnake-related questions. Free with museum admission. Fridays, December 2, 9, 16, 23, and 30, 2 p.m.

Third Thursday. Filled with cocktails, conversation, clownfish, and corals, the Academy after-hours is the place to be on the third Thursday of every month. Explore exhibits and aquarium displays while listening to live music and enjoying a no-host bar. Thursday, December 15, 5-9 p.m. \$5 admission



BENEFIT SALE FOR THE NEIGHBORHOOD HOUSE. Here's a gift idea that can work two ways. Children's gift items purchased at Iaconi Books, 970 Tennessee Street, between December 1-22 will result in 10 percent of the purchase price being donated to the Potrero Hill Neighborhood House.

ART EXHIBIT. Local artist Scott Peradotto will be displaying his work at Goat Hill Pizza, 300 Connecticut Street, through December 31. Scott is a native San Franciscan and has been in the visual commercial arts business for over 35 years. Using plastic fabrications manufacturing techniques, Peradotto creates unique pieces that can be transparent, double-sided, and free standing constructions.

THE POSTCARD SHOW. The 9th Annual Small Format Art Sale will feature an opening reception and sale on Friday, December 2, 6-9 p.m. Sale continues: Saturday and Sunday, December 3-4, noon-5 p.m. All events take place at The LAB, 2948 16th Street at Capp. Hundreds of small format editions will be on view as the gallery is transformed into a bazaar-like bargain-hunter's paradise. Art lovers can explore original works and discover hidden gems at affordable prices while supporting emerging artists and a great alternative art space.

SAN FRANCISCO INTERNATIONAL FILM FESTIVAL is currently soliciting submissions for the 49th Festival. The work can be documentary, narrative or experimental, animated or live action, and can be of any length. The final deadline is Friday, December 9. If you or someone you know has a film to submit, please follow this link: <http://sffilmfestival.c.topica.com/maaceiFabmbkqchaKt6b/>

WHIRL. Sculpture by Michelle Gregor. Ms. Gregor's work is heroic in scope, drawing on personal impressions of beauty and nobility. Her figures are manifestations of characters reflecting these qualities while capturing the innate grace of bodies in motion. Space 743, 743 Harrison Street, Wednesdays-Saturdays, noon-5 p.m. and by appointment through December 17. For further information regarding the gallery or the exhibition contact John DeLois at Space 743, 415-777-9080.

THE JUST FAITH MINISTRY OF ST. TERESA'S CHURCH will hold a prayer vigil for Stanley "Tookie" Williams on Monday, December 12, 7:30-8:30 p.m. Mr. Williams is scheduled to be executed at San Quentin on December 13.

UCSF EVENTS FOR DECEMBER. Take advantage of the many and varied lectures, classes and courses offered by the University of California, San Francisco. The benefits may be well worth it. Call 415-885-3693 or visit crc@ucsfmedctr.org for more information.

Breast Care Basics for Newly Diagnosed Patients & Caregivers. Open to all, regardless of where medical care is received. Treatment options, emotional aspects of receiving a diagnosis, Q&A with physician-specialist, discussions with survivors/advocates Mondays, December 5-19, 4:30-6 p.m. Free. UCSF Cancer Resource Center, 1600 Divisadero, H Bldg., 3rd floor conference room.

Ask the Pharmacist. This is a weekly drop-in with Zoe Ngo, PharmD, to discuss drug therapies, interactions, side effects, herbal medications, and online resources. This event is co-sponsored by the UCSF Cancer Resource Center and the UCSF Department of Clinical Pharmacy. Free. Cancer Resource Center, 1600 Divisadero. Call 415-885-3693 Tuesdays, December 6-27, 1-2 p.m.

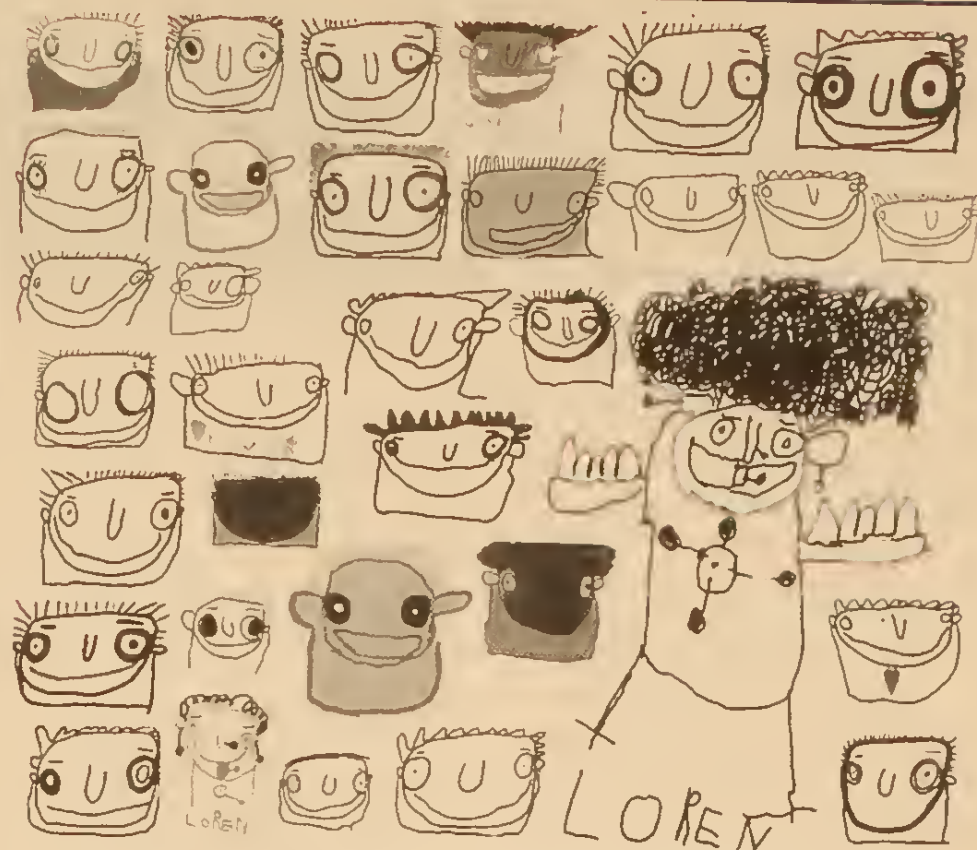
Healing Through Dance: This class led by Anne Krantz, PhD, ADTR, features movement, imagery, and creativity to facilitate healing. Also taught are techniques to deal with tension, enhance relaxation, and cope with medical procedures and physical limitations. Dance background unnecessary. Free. Tuesdays, December 6-27, 11 a.m.-12:30 p.m. UCSF Mount Zion, 1701 Divisadero, Suite 150.



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This cheery painting by Loren King will be available for purchase at Creativity Explored's Annual Holiday Sale.

Photo courtesy of Creativity Explored

Annual Holiday Sale at Creativity Explored

One stop shopping for the art lovers on your list: The Annual Holiday Sale of original artwork by more than 100 artists with developmental disabilities at Creativity Explored opens December 2, and ends December 31. Creativity Explored's Annual Sale is San Francisco's best kept secret for hip gifts that are guaranteed to inspire and delight friends and family. This art sale is one stop shopping for the art lovers on your list, and, in December only, it's all for sale at rock bottom prices — many items as low as \$5.

Creativity Explored is a nonprofit visual arts center for artists with developmental disabilities. Studio artists work in different media, from painting to book-making to sculpture — and everything in between. Half of the proceeds from the sale of the work go directly to the artists.

The sale event begins Friday, December 2, 6-9 p.m., and will be open the weekend of December 3- 4, 11 a.m.-6 p.m. Hours through rest of the year, 10 a.m.-6 p.m. Creativity Explored Gallery, 3245 16th Street at Guerrero.



Sara O'Sullivan's portrait of a person (who looks a lot like Mary Poppins) will also be for sale.

Photo courtesy Creativity Explored

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be Longing

JoAnn Selisker will collaborate with Dance Ceres and Anne Carol this winter in her new piece, *be Longing*, an examination of fundamentally incongruous relationships. How can a Baptist and a lesbian be friends? How does a boy who cannot read engage with a class of kids who can? What relationships are possible amongst fundamental differences?

JoAnn Selisker, performance artist; Brittany Brown Ceres, choreographer; and Anne Carol, poet/singer-songwriter are uniquely poised to examine these relationships between disparate persons. As artists, they are challenged to negotiate how, where and if they belong in relation to each other, and if so must challenge themselves with the broader issue of how to position a relationship to the world around them. *be Longing* is choreographed from Selisker's texts by Ceres, performed by Selisker and four dancers from the Dance Ceres company, and scored with two live voices by Carol, who will also perform.

The show is presented by the Jon Sims Center for the Arts, 1519 Mission Street. Work-in-progress show Sunday, December 11 at 6 p.m. Final performances Friday and Saturday February 3 and 4 at 8 p.m. Tickets are \$5-\$15 on a sliding scale, no one turned away for lack of funds. For reservations call 415-554-0402.

Yes a Genuine Hit

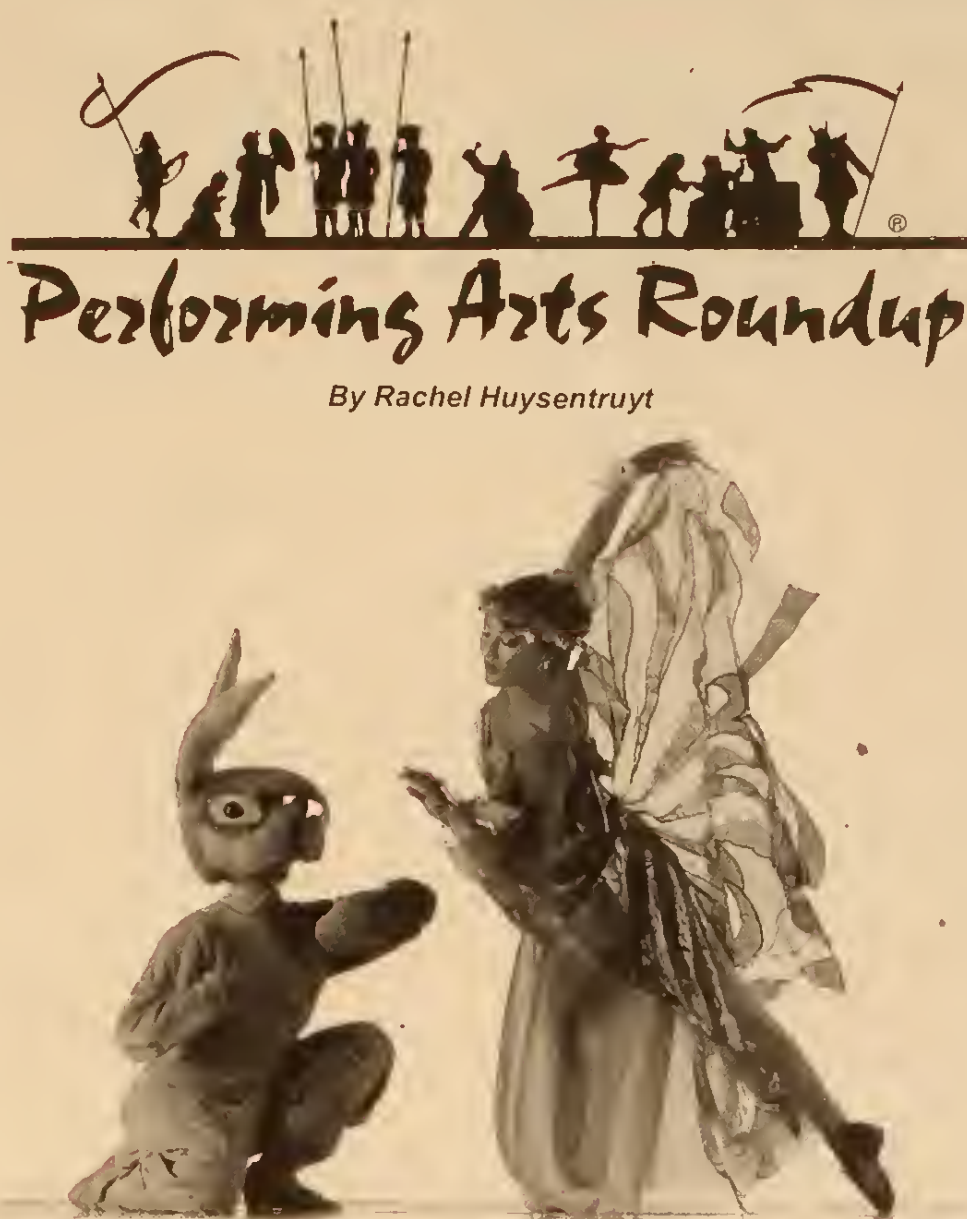
Brian Copeland's *Not a Genuine Black Man*, has been extended through December 18 at The Marsh, San Francisco. His debut solo show has been called "winning [and] magnetic" by the S.F. Chronicle, and "a jewel of a show," by the Contra Costa Times. The story of then eight-year-old Brian and his black family moving to San Leandro, named one of the most racist suburbs in America in 1971, has been the longest running solo show in San Francisco history, is being developed into a TV series for HBO, and will be published in book version by Hyperion Press next year.

Showing at The Marsh, 1062 Valencia Street, near 22nd. Tickets are \$15-22 on a sliding scale on Thursdays at 8:30 p.m., \$22 flat rate on Fridays at 8:30 p.m. and Saturdays at 5 p.m. For tickets call 800-838-3006 or visit <http://themarsh.org>. For more information, visit www.brian.copeland.com. On Thursdays or Fridays mention the not-so-secret password "friend" and get tickets at half price.

Bent

Theatre Rhinoceros, San Francisco's longest-running queer theatre, presents Martin Sherman's modern classic of love in dangerous times, *Bent*, under the direction of John Fisher. Nazi Germany is the setting for three homosexuals fleeing for their lives. In the midst of living horror these people discover the true nature of pride, a testament to the power of the individual in the face of overwhelming oppression.

Bent previews December 8 and 9 at 8 p.m. The show opens Saturday, December 10 and closes Saturday, January 7. Showtimes are Wednesday-Saturday at 8 p.m., Sundays at 3 p.m. (with the exception of Sunday, December 11 at 7 p.m.) at Theatre Rhinoceros, 2926 16th Street between Mission and South Van Ness. Tickets are \$15-25. Opening night is \$35 with a post-show reception. Senior and student discounts are available. For tickets call 415-861-5079 or visit www.TheRhino.org.



ODC dancers Anne Zivolich, as the Rabbit, and Yukie Fujimoto, as the Fairy, in the 2004 production of *The Velveteen Rabbit*.
R.J. Muna photo

The Velveteen Rabbit

ODC Dance returns to Yerba Buena Center for the Arts to perform its 19th annual holiday production of Margery Williams' classic children's tale, *The Velveteen Rabbit*, in two enchanting acts. Created by ODC co-Artistic Director KT Nelson in 1986, *The Velveteen Rabbit* has played to over 300,000 people nationwide and has become a Bay Area Holiday Tradition.

The story is about the powerful relationship between a boy and his stuffed rabbit, and the enduring nature of love. Told from the perspective of a stuffed rabbit that yearns to be real, the story explores dualities appropriate for children

and adults alike.

Suitable for children ages 3 and up, the running time of the show is 90 minutes including one intermission. The show regularly sells out at Yerba Buena, so advance purchase is recommended. For tickets contact the Yerba Buena Box Office at 415-978-2787 or visit www.yhca.org.

Remaining performances will be held December 2 at 11 a.m., December 3 at 1 and 4 p.m., and December 4 at 2 p.m. Yerba Buena Center for the Arts, 700 Howard at Third Street. Prices vary with seating.

High Water Radio

San Francisco's Pickle Circus presents *High Water Radio*, a collaboration between Rex Camphius and Aloysia Gavre, featuring a band of Misfits, Soothsayers, Radio Engineers, Jugglers, Tap Dancers, Banjo Pickers, Don Juans, Toe Hangers, Cowboys, Chorus Girls, Whiz Kids and Clowns as they transform a dusty town into one of California's first wireless variety broadcasts.

Both artists began their careers with the Pickles, and view this show as a homecoming of sorts, as well as an opportunity to experiment and improvise with the performance process. The circus features an all-star cast of various capacities. Joan Mankin and Mooky Cornish, two of the world's great clowns; contortionist Liao Heng Jaun and acrobats Zheng Ming Xuan and Zheng Wen Xuan of the Nanking Acrobatic Troupe; Rene Ribaud, a world-renowned jump rope artist; acrobats Aidan O'Shea, Simon Chaban, and Marta Henderson; Brett Womack making his professional debut as one of the world's few male *tissue* performers; and variety performers Tavis Beam, Jennings McCown, and Caroline Orrick. Perhaps most impressively, the circus is scored and accompanied by the critically acclaimed Tin Hat Trio, recently reconfigured as a

quintet and techristened Tin Hat. All five members will perform with *High Water Radio*.

Performances begin December 14 and continue through January 1 at the Palace of Fine Arts Theatre, 3301 Lyon Street. Showtimes are December 14-16, 17, 20-23, 26-30 at 8 p.m. and December 17-18, 24, 26-31 and January 1 at 2 p.m.

Tickets range from \$20-45, and are available through City Box Office at 415-392-4400 or www.cityboxoffice.com. Group discounts are available through Linda Graham Group Sales 415-346-7805. Opening night on December 14 includes a gala reception and silent auction at 6:30 p.m., for tickets call Circus Center at 415-759-8123. For more information visit www.circuscenter.org.

Reporter's Note: As a Potrero Hill native and longtime participant in the Pickle Family Circus School at 19th and Missouri Streets in what is now known as Goat Hall, I must confess a particular fondness and admiration for the newest incarnation of the Pickles, a San Francisco institution. I am indebted to this organization for my remarkable proficiency for cartwheeling.

Lucky Rakes

The Theatre of Yugen presents the *Tori-no-ichi*, or "Lucky Rake" Festival, featuring a performance of the Kyogen comedy *Kaki Yamabushi*, or "Persimmon Mountain Priest," and experimental holiday Noh dances.

In Japan, the *tori-no-ichi* festival heralds the coming of the New Year. Held at certain shrines on the days of the rooster, stalls selling decorated bamboo rakes called *kumade* that are considered good luck are set up in the shrines' precincts. The bamboo rakes are supposed to "rake in" good fortune. Many people buy them for household safety, and shop owners buy them in the hopes that the *kumade* will rake in more customers.

For Theatre of Yugen's festival, local artists are being commissioned to make unique *kumade* to bring good luck and wealth to the Theatre's audiences, friends, and supporters in the New Year. They will be available for silent auction. The festival will also feature a make-your-own-rake center. The play *Persimmon Mountain Priest* is chosen for its seasonally-appropriate subject and light-spirited family entertainment, and in the dance performance the ensemble will let their experimental juices mix with classic holiday tunes in the creation of original dances.

The festival will be held at NOHspace, 2840 Mariposa Street on Sunday, December 11 from 2-5 p.m. Tickets are \$5 for adults and free for children. Call 415-621-7978 or visit www.theatreofyugen.org for more information.



New Year's Eve with Marga Gomez

Marga Gomez, one of the first openly gay comedians in the nation, will put on her third New Year's comedy benefit for San Francisco's longest-running queer theatre, Theatre Rhinoceros: *Marga Gomez's New Year's Eve Spectacular*. Hailed by the San Francisco Chronicle as "devishly provocative," Gomez will ring in the New Year by dissecting George Bush's Brain and Karl Rove's Penis, propositioning Pat Robertson, leaking information about CIA operatives in her boudoir, and faking the midnight countdown. Opening for Gomez will be out and proud S.F. comedian Nick Leonard, producer of the only regularly scheduled gay comedy showcase in San Francisco and a member of the sketch troupe Macaroni Art Theater. Information about the artists can be found at www.margagomez.com and www.nickleonard.net.

Marga Gomez's New Year's Eve Spectacular will be held December 31, 7 and 9 p.m., at the Victoria Theatre, 2961 16th Street, between Mission and South Van Ness. General admission is \$25. Tickets are available at 415-861-5079 or www.TheRhino.org.

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SINCE 1992

Weight Loss Tips for a Healthy New Year

By Amy Day, ND

Obesity Epidemic

We've all been hearing a lot about obesity lately. According to the United States Department of Health and Human Services, 65 percent of U.S. adults are overweight. Especially troubling is that the percentage of children and teens in the U.S. who are overweight has tripled since 1980. Global statistics from the World Health Organization show that the problem goes beyond borders with more than 1 billion overweight adults worldwide, at least 300 million of them clinically obese. The reason that these numbers should catch our attention is that being overweight increases the risk of many chronic diseases and health conditions. It is not only about how you look and feel, but also about the possible health consequences, including type II diabetes, heart disease, hypertension, stroke, gallbladder disease, sleep apnea, osteoarthritis, and certain forms of cancer (endometrial, breast, and colon).

Why Is This Happening?

There are a variety of factors that contribute to this weight gain, making it a complex health issue. Some of the biggest contributors are pre-packaged foods, fast food restaurants, soft drinks, and larger portion sizes. This, in conjunction with a trend toward less physically demanding work and leisure activities, leads to an energy imbalance. When people take in more calories and burn off less, weight gain occurs as the body must store the

unused energy. Factors such as urban planning, school lunches and physical education can affect a person's choices about health. Genes most certainly play a role, too. However, it is the combination of genes and behavior that determine whether a person becomes overweight. Certain health conditions, as well as some medications, may contribute to weight gain. Stress, hormone imbalances, and food allergies are among the most common.

What Can We Do About It?

Many of our patients at SOMA Acupuncture and Natural Health Clinic ask us about natural, safe and effective ways to lose weight and keep it off. During the holidays, most people find themselves carrying around a few extra pounds and start to think about how to get rid of it. Surely, some of the most familiar New Year's resolutions are to start exercising, eat better and lose weight. Here are some of the most common recommendations we give our patients to support them in losing weight.

Exercise – As you know, regular physical activity is good for overall health. It assists in weight loss, contributes to healthy bones and muscles, supports heart health, and helps to relieve stress. Physical activity does not have to be strenuous in order to be beneficial. Moderate physical activity, such as 30 minutes of brisk walking five or more times a

(Continued on Page 21)

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select varieties
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\$2.99





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Upset by Stones Gig Noise?

(Continued from Page 3)

meeting between representatives of the Police Dept., the Giants, and concert producer Bill Graham Presents. This session resulted in modifications that eased the sound problems for Hillers during the second night of the concert.

The Police Code under which the loudspeaker permit was issued for the 2001 event required that the sound cannot extend more than 250 feet beyond the last participant in the event. It is most likely the same requirement that covered the Stones concert. Although my mathematics gene has always been recessive, it's clear to me that the two miles between SBC Park and Potrero Hill is a whole lot more than 250 feet.

The Entertainment Commission's Davis indicates they will hold hearings on measures to ensure such a disturbance will not happen again. To be effective, guarantees must be included in the permit process, and be measurable and enforceable with stiff penalties for violation. "Full venue" concerts at PacBell are limited to just a few per year, but there can be more non-baseball events yearly, so these guarantees are especially important.

Here are a few suggestions for Potrero Hillers to advocate and for the Commission to consider in drafting an ordinance that covers any permit issued for non-baseball events at SBC Park.

* Determine which alignment of

speakers at SBC Park minimizes the noise on surrounding neighborhoods and require this alignment as a condition of permit issuance.

* Determine a measurable volume level in decibels that prevents any disturbance in surrounding neighborhoods. This means Hill residents might be aware of a concert taking place at SBC Park but the noise would not interfere with the quality of life in the neighborhood or drown out conversation, etc. Arrange for monitoring of that level before the concert and throughout the concert. If the volume exceeds that level, it must be turned down immediately.

* Provide a telephone number that nearby residents can call during events at SBC Park to report noise disturbance, with major complaints to result in adjustment of concert volume.

Davis has indicated that public hearings will take place on any future noise controls. Make sure you know when those hearings will be held. Call Davis at 415-554-7793 or fax him at 415-554-7934 and ask to be put on the mailing list for those hearings. Go to those hearings and make your own noise.

Judy Baston is a former View staffer and longtime neighborhood resident who remembers with great fondness the days when Potrero Hill was a quiet little village on the eastern edge of San Francisco



The festivities hosted by Goat Hill Pizza in celebration of its 30th anniversary included an afternoon children's ice cream social and five rented goats to pet — kids for kids. Longtime Hill residents fondly recalled the pizzeria's original mascot, Goat Hilda De Anchovy, who lived in the backyard that is no more. *Peter Linenthal photo*

Goat Hill Pizza Celebrates 30th Anniversary

Thirty years ago Phil DeAndrade, together with Karen Clark, Joel and Loris Lipski, and Ruth Ann Picens, opened — as the View reported — "a real genuine place to eat on our own dear residential hill. It's called Goat Hill Pizza." Back in those far-off times, there weren't all that many places to eat on the Hill, if you can believe it, so the new enterprise was greeted with much enthusiasm.

Its 30th anniversary was celebrated on Tuesday, November 15 with equal enthusiasm — if not more.

Connecticut Street between 18th and 19th was cordoned off to allow for the construction of a mini-farmyard in front of the restaurant. During the afternoon's "children's ice cream social," five goats, rented from Goats R Us, nibbled on hay (and whatever else they could find) while accepting the pettings and oohs and aahs of neighborhood kids (of the human kind) with dignity.

The evening's festivities included music, cabaret, comedy and "adult refreshments." Some 300 friends and neighbors came to lift a glass, enjoy entertainment emceed by R.J. Owens (which included the cabaret ensemble Dirty Little Secret, one of whose members experienced a "wardrobe malfunction"), and contribute almost \$4,000 to the San Francisco chapter of Habitat for Humanity's Gulf rebuilding effort.



Phil DeAndrade, in chef mode, preparing dough for malasadas. *Karen Monley photo*

There was a New Orleans flavor to it all — with banjoist Scott Anthony (a regular on Tuesday nights) and the Golden Gate Rhythm Machine playing New Orleans Dixieland, and Phil De himself whipping up *malasadas*, the Portuguese equivalent of *beignets*, a Big Easy fried-dough specialty.

A crew from Channel 5 dropped by to ask DeAndrade, on camera, if the Stones concert reverberating through the neighborhood was putting a damper on his party. No way! replied Phil, beaming.

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Eggnog

PEGGY OHTA

A perennial Ohta family favorite. Peggy, an original member of *The Potrero View* staff, leaves a legacy of warm memories and a great recipe.

Make at least 2 days ahead. Use glass jars or crocks with seals. Makes about 40 servings. (Eggnog will keep for a month or more.)

1 dozen eggs	3 quarts heavy cream (or 2 quarts heavy cream plus 1 quart half-and-half)
2 cups sugar	Freshly grated nutmeg
1 pint rum	
1 quart brandy	

Separate eggs (make sure yellow does not get into whites or they will not become stiff).

Beat egg yolks until thick and light. Gradually add sugar, beating constantly until smooth. Still beating and *starting with drops* gradually add rum and brandy (eggs will separate if you add too much at once).

Next, gradually fold in 2-1/2 quarts cream, saving 1/2 quart heavy cream to whip. Mixture should be velvety smooth. Whip the remaining heavy cream and fold in — should not be too thick.

Beat egg whites until stiff and fold into mixture.

Put in containers, sprinkle freshly grated nutmeg over all, and seal lids. Store in refrigerator or in a cool place. (Peggy put hers on the back porch.) When ready to serve, stir well and sprinkle each serving with freshly grated nutmeg. (If too thick, thin with half-and-half.)

Christmas Risotto

MAMA LAUDATE
MISSOURI STREET

Always use medium heat or lower for this recipe.

Sauté one red onion until translucent in 2 oz. butter, 1 or 2 cloves of crushed garlic, and 1/4 cup of olive oil.

When onion is translucent, add:

1 cup dried cranberries
1 cup Arborio rice (an Italian short grain rice)
3 cups broth

Stir frequently until the liquid is absorbed (takes about 10 minutes at medium heat).

Add:

1 cup of frozen peas
2 teaspoons of black pepper (fresh ground is best)
1 cup of toasted nuts of your choice (I use pine nuts)
1 cup cranberry juice

Stir another 10 minutes.

Add:

1 cup grated Italian cheese (I recommend using one of the following cheeses: Parmesan Reggiano, Parmesan Pedano, or Asiago cheese)
2 cups Italian flat leaf parsley (leaves only, no stems, break up by hand do not cut with a knife)

Add some ground pepper on the top.

Cover and cook on low heat for about 10 minutes.

Serve with some extra grated cheese for those who prefer more cheese.

Sweet Potato Pie

AMELIA MARTIN
20TH STREET

You can make your own pie crust, or buy a ready-made crust.

3 large sweet potatoes	1 tsp (or more) cinnamon
1 cup sugar	1 tsp ground nutmeg or more to taste
1/4 cup brown sugar	3 large eggs, beaten
dash of salt	1/2 cup half-and-half
1 Tbsp fresh lemon juice (optional)	3 Tbsp butter, melted
1/2 tsp vanilla extract or more to taste	

Preheat oven to 400 degrees. Boil the sweet potatoes until tender, peel and mash. Add eggs and other ingredients in a large bowl. Using a hand mixer, blend until smooth. Pour into your pie crust. Reduce oven temperature to 325 degrees. Bake about 15 to 20 minutes. Cool, then eat your heart out.

Maggie's Roast Turkey

ABIGAIL JOHNSTON
BAJA POTRERO HILL

You've stuffed your turkey and know how much time (and at what temperature) it will spend in the oven. Here's a dandy way to make sure it emerges with a glorious color and plenty of thin but flavorful gravy that won't need much fussing with at the last minute.

Rub the bird lavishly with a paste made of:

4 Tbsp oil (veg, olive, or melted butter/marg)
4 tsp salt (less maybe?)
2 tsp paprika

Add 2 glasses of water to roasting pan, and place in preheated oven. Check occasionally and spoon pan juices over bird. When turkey is about half done, pour over bird:

1 cup heated (not boiled!) white wine

Continue checking and basting. During last hour of roasting, cover with a tent of aluminum foil. After bird is declared done and removed from oven, let it rest for 15 minutes or more before carving.

New Orleans Pesto Pasta

FRAN CULLEN
TEXAS STREET

This recipe is dedicated to all the chefs of New Orleans.

1 cup olive oil	1 cup toasted pecans
1 bunch of basil	1 Tbsp each salt & pepper
1 cup grated cheese	1 Tbsp cajun spice

Chop up basil into 2-3 inch lengths. Toast pecans for 3 minutes in a toaster oven. Combine oil and basil in a Cuisinart. Blend together and then add cheese and pecans and blend until in paste form. Set aside.

Cook up 1/2 pound of your favorite pasta in salted water. (*Note:* Penne pasta works well for this dish. If using a pound, double the recipe. Spinach can be substituted for second batch.) Combine pesto with pasta, and serve hot or cold.

For Creamy Gorgonzola Pesto Pasta: Make recipe above.

2 Tbsp butter	2 cups white wine
2 Tbsp flour	1/2 pound Gorgonzola cheese
2 cups heavy cream	Whole pecans for garnish

Combine flour and butter over low heat. Add cream and wine and reduce over low heat for 5 minutes, stirring constantly. Add Gorgonzola and melt the cheese but do not boil. Combine with pesto pasta. Garnish with pecans and serve hot.

Colcannon

MARY WASSERMAN
MISSOURI STREET

This is how the Irish make mashed potatoes "special."

Prepate mashed potatoes according to your usual recipe.

While the potatoes are cooking, fry some bacon (one strip for each person being served) in a large frying pan until crisp. Remove bacon from pan and drain on paper towels. Pour off most of the bacon fat from the frying and add a little olive oil.

Chop finely a small head of cabbage, core removed, and one small onion, and add to the frying pan. Sauté the cabbage until soft (cover if necessary but add only a small amount of water or stock if needed to speed the cooking).

Mash the potatoes, add the drained cabbage, and finally add the crisp, crumbled bacon and beat until well mixed. Serve.

This is great with a holiday ham or roast beef, and delicious the next day made into patties and fried for breakfast.



For More Holiday Recipes
See Page 18



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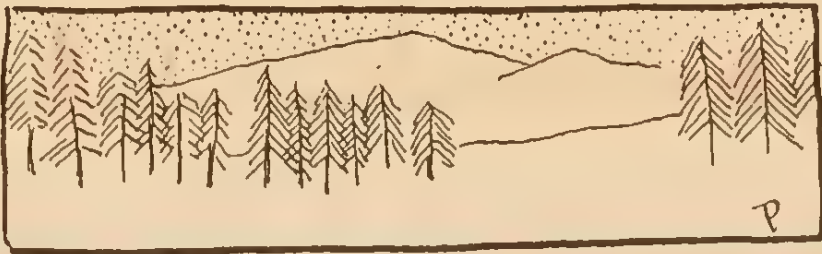


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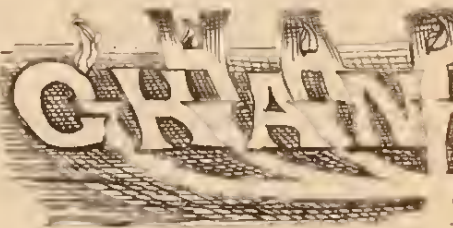
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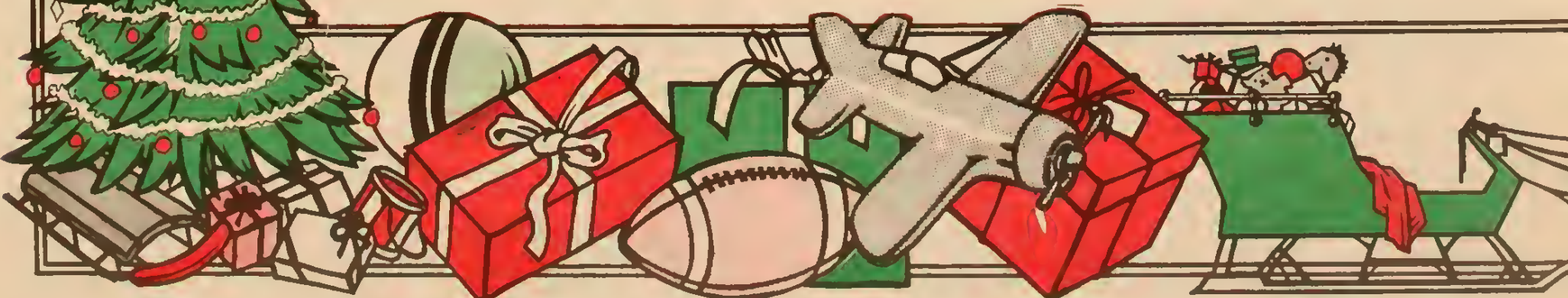
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4 1:00 - 5:00	5 9:30 - 6:30	6 9:30 - 6:30	7 9:30 - 6:30
11 1:00 - 5:00	12 9:30 - 6:30	13 9:30 - 6:30	14 9:30 - 6:30
18 1:00 - 5:00	19 9:30 - 6:30	20 Last Chance 3 Day Rate 9:30 - 6:30	21 Last Chance 2 Day Rate 9:30 - 4:00
25 Closed	26 Closed	27 9:30 - 5:30	28 9:30 - 5:30



Chanukah Begins at Sunset
First Day of Kwanzaa



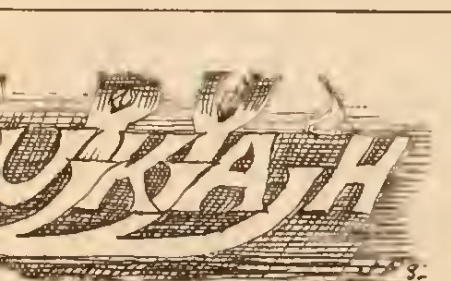
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	15	16	17
30	9:30 - 6:30	9:30 - 6:30	10:00 - 6:00
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30	9:30 - 6:30	9:30 - 4:00	10:00 - 3:30
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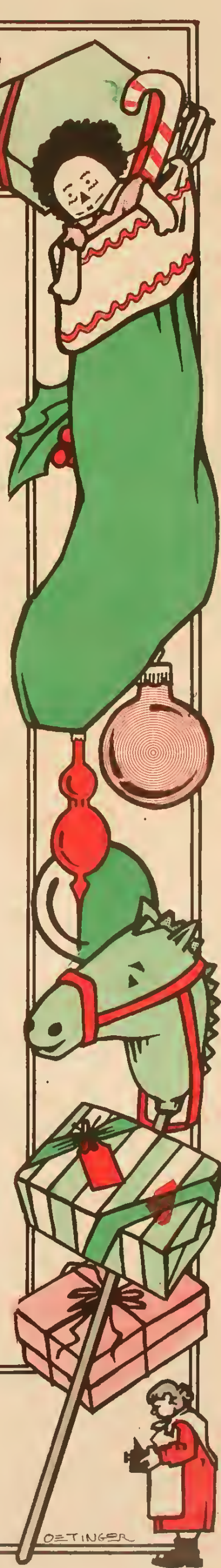
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Filled Flentjes (Dutch crêpes)

EVE MILTON
CAROLINA STREET

The filling can be either sweet or savory. You'll need about 3 cups.

Sweet filling:

applesauce (for example), spice with nutmeg and ginger

Savory filling:

chopped cooked meat (beef, chicken, sausage), seasoned with basil, oregano, etc.

The crêpes:

1 cup flour, sifted with either 1/2 tsp salt (for savory) or 1/2 tsp sugar (for sweet)
3-4 eggs well beaten with rind of 1 lemon

1 cup milk
1/2 cup light cream
1/2 lb sweet butter, melted. Add 1 tsp to batter, reserve rest for frying the flentjes.

Whisk the crêpe ingredients all together thoroughly until smooth and the consistency of heavy cream. Let rest at least an hour.

Heat a six-inch skillet and brush with melted butter. Stir the batter well and pour 1-1/2 Tbsps into the skillet, and quickly tilt from side to side to distribute the batter evenly. Brown one side only and flip, unbrowned side down, to a warm platter.

Butter the skillet for each crêpe and brown quickly until all the batter is used. There should be 12-14 thin flentjes.

Fill the browned side with 1 or 2 Tbsps of filling and roll the crêpe into a cylinder. Set the cylinders side by side in a buttered shallow baking pan.

If the filling is sweet, sprinkle the flentjes with sugar, flavored with cinnamon or ginger. If the filling is savory, sprinkle with grated cheese. Bake in a 350-degree oven for 15-20 minutes or until the flentjes are bubbly and brown.

Shut-My-Mouth Cheese Straws

CHEF MICHAEL REESE, II
19TH STREET

To spice up your Christmas, sift or mix together:

2 cups sifted flour
1-1/2 tsp salt
1-1/2 to 2 Tbsp cayenne pepper (Adjust to your own heat factor)

Grate 1 lb. of the cheese of your choice.

Melt 1 stick of margarine (or clarified butter) and pour over cheese. Work in the dry ingredients by hand.

Put the mixture in a pastry bag and squeeze out 1/4 inch wide cheese straws on an ungreased cookie sheet. If you don't have a pastry bag, you can make one by cutting off the corner of a plastic sandwich bag. The mixture can also be rolled and cut into thin strips.

The Cheese Straws should bake at 350 for 10 minutes.

Cranberry Chutney

ABIGAIL JOHNSTON

Marti Sousanis, a San Francisco cookbook author, introduced me to this chutney years ago during a series of fabulous cooking classes she used to teach. I always double the recipe — I buy at least 6 bags of cranberries each season and freeze them in order to have the essential ingredient on hand the year around. It's good with or on almost everything.

In a large pot, simmer together for 5 minutes:

1-1/2 cups water
1-1/2 cups sugar
1/2 cup apple cider vinegar
3/4 cup onion, chopped
2-4 garlic cloves chopped
2 tsps cinnamon
1 tsp cayenne
1/2 tsp salt
16 whole cloves

Add:

1 12-oz. bag cranberries (frozen OK)
1 cup preserved/crystallized ginger, chopped
1 cup raisins
1 cup pitted dates, chopped
1/2 cup light brown sugar

Simmer all together until berries are popped. Squish them against the side of the pot from time to time to speed them along. Cool. Put into jars (with lids) and refrigerate.

Chanukah Latkes

JUDY BASTON
DE HARO STREET

Potato latkes are the classic treat for Chanukah. They are delicious when topped with either applesauce or sour cream, or both.

5 large Idaho potatoes
salt & pepper to taste
1 large onion
oil for frying

4 eggs
pinch of baking powder
1/3 cup of matzo meal

Grate potatoes and drain off liquid. Grate onion.

Separate eggs and whip whites until they form soft peaks.

Add onion and yolks to potatoes. Add matzo meal. Fold in egg whites. Add salt, pepper and baking powder.

Heat oil in frying pan, then add pancake mixture, one heaping tablespoonful at a time. Turn when golden brown and remove when done. Drain on paper towels.

New Year's Day Black-Eyed Peas

KAYREN HUDIBURGH
CAROLINA STREET

There's an old Southern tradition that says if you have black-eyed peas on New Year's Day that you will have good luck all year long. It's been working right here on Potrero Hill for the past twenty years at our house, when we invite our friends, neighbors, and family over for their good-luck bowl. We've gone from one pot of black-eyed peas to four — two hot-and-spicy pots (a real favorite); a milder, more traditional, ham-based one; and because our vegetarian buddies need good luck too, we now serve a vegetarian version. It's lots of good fun and you really can't mess it up. Just be creative and allow lots of time for the peas cook slowly so they thicken with all the flavors you've added.

2 lbs black-eyed peas
1 lb sausage or about 2 cups ham scraps or 1 ham bone (see Note)
2 medium yellow onions, coarsely chopped
1 large green bell pepper, coarsely chopped
2 cups celery, thinly sliced
Garlic cloves to taste (we like lots of garlic!)
Parsley, about 1/2 bunch, chopped fine
Salt and pepper to taste

Note: Meat-based and hot-and-spicy pots: A traditional pot of black-eyed peas uses ham. My mom always used the bone or leftovers (in Texas we called them scraps) from the Christmas ham. The Hudiburgh/Zeidman house uses the wonderful Aidell's sausages that we sell at The Good Life. Their Andouille sausage provides a rich, smoky flavor to the stock; I use it in combination with ham or alone. For the hot-and-spicy pots (which are lower in fat), use Aidell's Chicken and Turkey Sausage with Habanero Peppers or, for a less hot but still spicy and flavorful pot, their New Mexico Chicken and Turkey Sausage. Add Creole flavoring spices or red pepper flakes to really jazz things up.

Vegetarian pots: Use vegetable broth instead of water to cook the peas. You will also need more vegetables. Add a red pepper and/or a yellow or orange one, and 2 or 3 good sized carrots.

On December 31 before you go out (or stay in) soak your peas. Rinse the peas in a colander, put in a large pot with enough water to allow for expansion and let sit overnight. On New Year's Day, rinse the peas again, return to the pot with fresh water (if you wish, combine some chicken or vegetable broth with the water — the stock will taste richer but it is not absolutely necessary). The liquid should be about 2 inches higher than your soaked peas. Simmer the peas on a very low heat and prepare your vegetables and meat.

Crumble or chop the sausages and ham scraps and sauté slowly. Slice the celery, and coarsely chop the onions, peppers, and celery (and carrots for the vegetarian version). Add vegetables to the pan after the sausage and/or ham starts to cook. Continue sautéing until the sausage has oozed its juices and vegetables are al dente, then put all of this in your pot of peas, together with the chopped garlic and parsley. Season with salt and pepper and any other spices that excite you. Peas should cook on the lowest possible heat until they are tender — anywhere from 2 to 3 hours. The longer they cook, the better the stock becomes because the peas thicken it and all the flavors come together. (A ham hock goes directly into the pot of peas to begin cooking immediately. The peas take longer to cook with a ham hock because the meat has to cook off the bone, or be tender enough to easily strip off.)

Oops! So you forgot to soak your peas overnight! Don't fret. There's a quick way to get those little buggers ready. After washing thoroughly, cover the peas with enough water to allow for expansion. Bring to a boil then let sit for an hour. Pour off this liquid, rinse your peas, add fresh water and you're off and ready to go on with the recipe.

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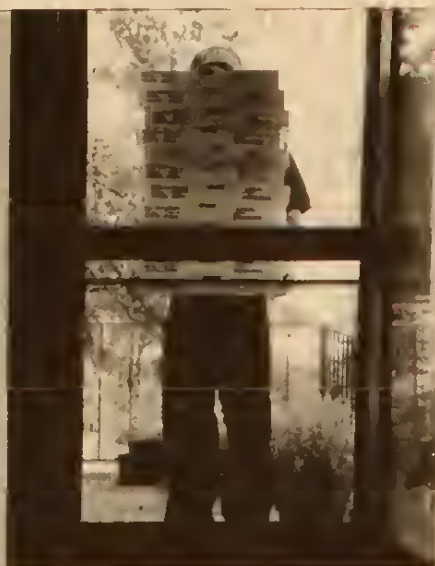
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Museum Moves to Yerba Buena Gardens

The Museum of Craft and Folk Art in San Francisco moves downtown to Yerba Buena Gardens as of this month, December. When the Museum opens the doors at its new location at 51 Yerba Buena Lane, it will serve as a cultural link between the many like institutions in the vibrant neighborhood.

"We are the tie that binds," said Kate Eilertsen, the Museum's Executive Director. Eilertsen, known for her stewardship of nonprofits in transition, has spearheaded the Museum's move from its longtime Fort Mason location to its new space at Yerba Buena. "The realm of craft and folk art is in a very real way a 'link'

between cultures from around the world and generations past and present. With this awesome new location, the Museum of Craft and Folk Art will be able to easily weave the tales of people near and far," she said.

The Museum and Gallery Store will be open Tuesdays through Fridays, 11 a.m. - 7 p.m.; Saturdays and Sundays, 10 a.m.-5 p.m. General admission to the museum is \$5; seniors, \$4; members and children under 18, free. (Admission to the Gallery Store is always free.)

Opening day, Saturday, December 3, will be celebrated with special events and free admission.

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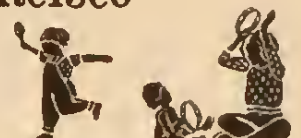
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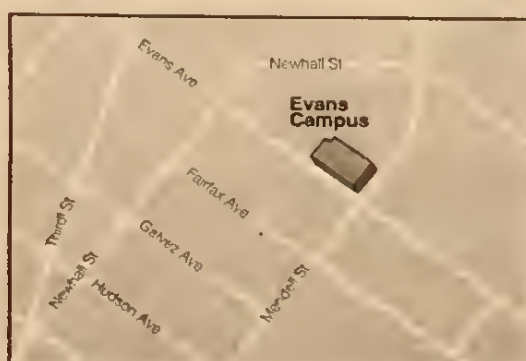
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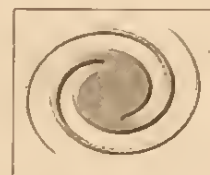
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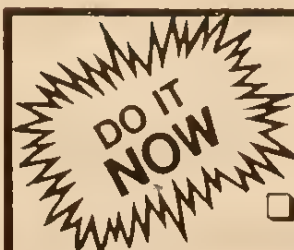
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Weight Loss Tips

(Continued from Page 12)

week, also has health benefits. Even activities such as household chores, gardening, and walking to errands can be great ways to include exercise in your day.

Eat smarter – It is important to think of weight loss as *changing your diet* rather than *going on a diet*. Take some time to consider how your food choices effect you on a daily basis. Everything that you take into your body will have an effect, so making wise choices will help you live a long and healthy life.

As much as possible, choose high fiber natural foods such as vegetables, fruit, nuts, seeds, and whole grains. Maintain protein intake in order to preserve lean muscle mass which is critical in encouraging the body to burn fat. Eat small frequent meals to help balance blood sugars and provide you with energy throughout

the day. As you think about what to eat, here are some tricks to keep in mind:

- Eat three meals a day, starting with a good breakfast.
- Fill half of your plate with vegetables for lunch and dinner.
- Include protein or fat with your carbs in order to slow down absorption.
- Before you eat, drink a full glass of water so your stomach doesn't feel as empty. Drink a total of 10 glasses of water per day.
- When dining out, share a dish or plan on taking home leftovers.
- Slow down and focus when you eat rather than driving, reading or watching TV.
- Chew each bite until it is nearly liquid.
- Decrease your portion sizes, and only get seconds if you are truly still hungry.

Manage Stress

Another factor to consider is that stress encourages the body to store fat

(Continued on Page 26)

Healthy Start Breakfast

If you are trying to improve your diet and nutrition and stay healthy as you age, eat a good breakfast every day. This tasty and satisfying breakfast is a good source of whole grains, protein, fiber and healthy oils. It can help reduce cholesterol, regulate blood sugars, support the liver and balance hormones.

- | | |
|---|--|
| 4 cups rolled oats | 1 - 2 cups sunflower seeds |
| 2 cups oat bran | 1 - 2 cups raw cashew pieces |
| 1 cup lecithin granules | 1 - 2 cups almond slivers (toasted or untoasted) |
| 1 cup flax seeds, finely ground | Optional: raisins or dried fruit to taste |
| 1 cup milk thistle seeds, finely ground | |

Mix ingredients and store in an airtight container. In the morning, soak 3/4 to 1 cup of the mixture in water, soy milk, rice dream or juice for 30 minutes. Before eating, stir in 1-2 tablespoons of flax seed oil. Add fresh fruit if desired.



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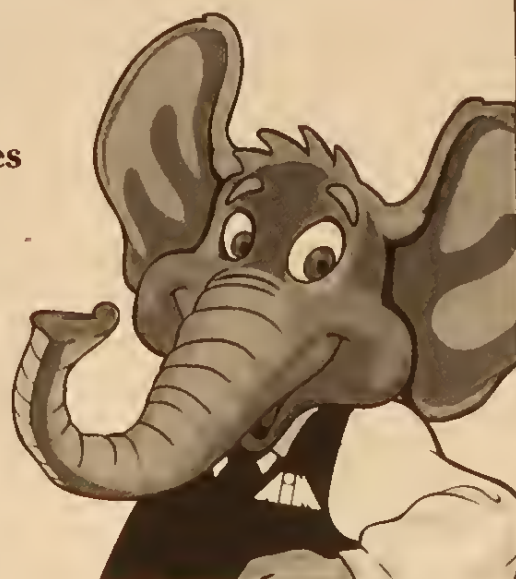
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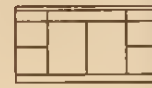
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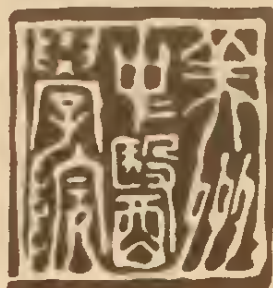
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Trashed Cash Unceremonious End For Wrinkled Dollars

By Alison Fromme

Neighborhood Environmental Newswire

You likely get crisp new \$20 bills when you withdraw money from an ATM. As you spend your dough, wrinkled smaller denominations take their place. But—assuming there's money in your account—ATMs continue to spit out new bills, whereas tattered cash seem to vanish. Where do threadbare bills go?

The New Testament says "Thy money will perish with thee," but in fact paper currency departs much sooner. A new dollar bill in your wallet has only an 18-month lifespan. If you're lucky enough to have larger denominations, like Ben Franklins, they'll circulate much longer; about five years.

The Bureau of Engraving and Printing, the Federal agency that produces paper currency, prints about 37 million notes each day. Ninety-five percent of this cash replaces bills that are too tattered to remain in circulation.

The ragged currency is retired by Federal Reserve Banks, including San Francisco's branch. Local banks throughout northern and central California and northern Nevada send used cash to the San Francisco Fed, where it's sorted by high speed machines that process 40 notes per second. Bills that are deemed "unfit" because they're soiled, torn, or worn out are automatically shredded. The bank processes up to seven million notes daily, shredding 20 to 25 percent of the total.

In 2004, the nation's Federal Reserve Banks destroyed a total of \$90.9 billion in paper currency. That's a lot of loot—about 17 million pounds annually nationwide. Federal Reserve banks across the country take different approaches to dealing with the previously valuable waste. In San Francisco, as in New York and Chicago, the shreds are compressed into briquettes and hauled to landfills. According to the Chicago Fed, their uncompressed cash would fill a basketball court to the height of the basket.

But not all tattered currency ends up embedded in the earth. The US Treasury Department permits recycling, and some Federal Reserve Banks sell shreds to businesses, which use the material in products like roofing shingles and insulation. Other businesses transform used cash into stationery and novelty items, such as pens and jewelry, for souvenirs. According to the New York Fed, alternative disposal reduces trash hauling fees and is part of a larger Federal Reserve recycling program.

The Denver Fed takes recycling to the extreme, by shipping 20 cubic yards of compressed shredded currency to a

commercial composting company, A1 Organics. The shreds are just a small part of the 8 million cubic yards of waste that the 30-year-old company has diverted from landfills and transformed into mulches and soils. The recycling program began in 1996 when analysts at the Denver Fed reviewed disposal practices and found a better alternative. According to Diane Cook, Denver Fed Manager of Public Relations, recycling is part of the public mindset in Colorado. "We're just delighted that the money doesn't go into a landfill," Cook said.

Over the past two decades there have been various media reports that the San Francisco Fed was investigating recycling options, including selling mulch made from shredded currency or transforming the waste into usable building materials. When asked about past and potential future recycling efforts, the Media Relations Manager of the San Francisco Fed (which oversees the L.A. branch) said "I'm afraid we simply don't have the resources to do time consuming historical research to be able to confirm [this information]." She added that "any company wishing to use shreds has to get approval from the Treasury," and the bank has "very little to say" about money disposal and recycling.

Last year, the San Francisco Fed requested proposals from waste disposal companies to handle their shredded currency. Golden Gate Disposal and Recycling, a subsidiary of NorCal, initially considered pursuing the job. "We elected not to bid on the contract because it was based on a disposal-only model and it seemed that the Federal Reserve Bank was not open to recycling," said Maurice Quillen, General Manager. "We're more of a recycling company than a waste company."

Given the opportunity to pursue recycling options, Quillen said that he'd investigate repulping the money for recycled paper, composting the shreds, or using the material to produce methane energy.

When Golden Gate Disposal and Recycling initially approached the San Francisco Fed, they requested documentation that shredded currency isn't hazardous. Shredded money was once considered dangerous because lead from the ink could potentially leach out under certain landfill conditions. However, a 1994 toxicity test performed by Earth Technology Corporation demonstrated that lead wasn't a threat because new currency no longer contains lead ink, and old currency printed with lead ink wasn't a big percentage of the shreds.

The fate of shredded money has changed over the years. Decades ago, some Federal Reserve Banks incinerated money. But due to public health and environmental concerns, the San Francisco Fed stopped that practice in 1977 and the Chicago Fed quit in 1981.

Under California State law, producers

(Continued on Page 25)

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Musicians Vince Lateano and friends on a break between sets one recent Sunday afternoon at the Dogpatch Saloon. From left to right: Robb Fisher (bass), Dave Mathews (piano), Vince Lateano (drums), and Andrew Speight (sax). *Abigail Johnston photo*

Sunday Afternoon Jazz at the Dogpatch Saloon

By Marci Mills

It is no secret that world-class jazz is right down the Hill every Sunday afternoon. If you appreciate the classic bop jazz sound, the Dogpatch Saloon is the place to be, from 4:30 until 8:30 p.m. when owner Mike Apicelli hosts the best intimate jazz party in the Bay area in his friendly Dogpatch Saloon at the corner where 22nd Street runs into Third Street, near the Just for You Bakery & Café (which used to live on 18th Street between Missouri and Connecticut streets).

It's the place to hear noted drummer Vince Lateano and his fellow jazz artists when they take the small stage at the end of the long mahogany bar and the magic starts. Listeners are up close and personal with jazz artists who are often featured at larger music venues around the country.

Lateano is a treasure of the area jazz scene. (He and Madeline Eastman, his jazz star spouse, are former Potrero Hill dwellers.) Lateano attracts top quality sidemen and women to play with him at Dogpatch Saloon week after week. Terrific alto saxophonist Andrew Speight shares the spotlight with Lateano. It is not unusual to catch local star Walter Savage on bass or Mark Levine on piano. Levine literally wrote the book on jazz piano, and his own group, The Latin Tinge, was a

Grammy nominee last year.

Regulars come from all over the Bay area to squeeze into old wooden booths or sidle up to the long bar and groove to the music, tell stories, meet new friends, and encourage up-and-coming musicians who will share the tiny stage during the second and third sets. The crowd is diverse and friendly; you are as likely to find a 20-something jazz lover as a 60-something jazz lover sitting next to you at the bar.

Where else would you find an aromatic pot of homemade chili and rice waiting for you during the break after the first set? The food is included in the \$5 cover charge!

Apicelli, an old hand at the business, purchased the Dogpatch Saloon a few years ago, and has created an atmosphere that feels like being in the home of a friend with lots of interesting jazz musician buddies. Mike is the consummate host, greeting regulars by name, testing his chili to make sure it's up to his standard, and in every way letting you know that this is his favorite day at the Dogpatch, which other days of the week is no more and no less than its name: Dogpatch Saloon, a neighborhood bar.

Marci Mills lives on Pennsylvania Street. She enjoys the jazz Sundays at Dogpatch Saloon, her neighborhood bar.

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"Pandemonium" Kitchen Shelf by Jim Rosenau, made from a Revere Ware frying pan and vintage cookbooks, will be on display at the KPFA Crafts & Music Fair at the Concourse Exhibition Center on December 10 and 11. *Kim Harrington photo*

KPFA Crafts & Music Fair at the Concourse

The Bay Area's largest and juried weekend Crafts & Music Fair celebrates its 35th Anniversary on December 10 and 11 at the Concourse Exhibition Center in San Francisco.

Fair highlights include a music and book store, a youth corner featuring work from hip-hop artists, an exhibition of crafts made with recycled materials, presentations by local nonprofit organizations and a selection of ethnic, vegetarian and locally produced gourmet food and drink.

Crafts enthusiasts meet artists and purchase the latest pieces of their original handcrafted work. Exhibitors are carefully selected from a jury of their peers. The show includes jewelry, sculpture, photography, painting, glass and ceramic art.

Also available will be household accessories, toys, musical instruments, food and body products, weaving and knitting, fiber arts, leather and clothing, as well as crafts from sustainable artist co-ops, from third world countries.

Live music and the spoken performances are part of the Fair's nonstop entertainment. Radio station KPFA, 94.1 fm will also broadcast (both days) from the event.

The Fair runs from 10 a.m. to 6 p.m. on Saturday and Sunday. General admission is \$8; \$5 for seniors and disabled; children under 12 are admitted free.

The Concourse Exhibition Center is at Eighth and Brannan streets, and is wheelchair accessible.



Trashed Cash

(Continued from Page 22)

of waste must determine if it's hazardous. When asked if the 1994 toxicity test was the most recent available, the San Francisco Fed declined to answer, stating only that this reporter's questions may be based on "old information that may or may not be accurate."

Before potentially hazardous materials can be deposited into landfills, they must be profiled for toxicity, according to Richard Makdisi, founder of Stellar Environmental Solutions and formerly technical director at Earth Technology Corporation. Shredded currencies' potential toxicity depends in part on the landfill environment it ends up in, said Makdisi, who worked on the 1994 shredded currency toxicity assessment.

Theoretically, the ink used to print currency is fixed to the paper, but under acidic landfill conditions, the ink could leach out. Leaching ink is only a problem if it releases toxic materials.


Lead-based ink hasn't been used to print currency since 1983, but the ink currently in use contains cadmium, mercury, and arsenic, according to Jerry Nelson, Information Officer at the Chicago Fed. "The Bureau of Engraving and Printing has been trying—in the five dollar denomination—more ecologically compatible soy-based ink compositions for decades without yet having achieved the useful lifespan necessary to comprise cost-effective elimination of the durable heavy-metal traditional ink," Nelson said. This creates a paradox: more toxic ink increases the lifespan of bills and keeps them out of landfills longer. But, toxic ink also makes the eventual disposal of currency trickier.

In 2003 and 2004, the Bureau of Engraving and Printing introduced colorful new \$20 and \$50 bills, with similar

plans for \$10 and \$100 bills. Peach and blue shades now complement the standard black and green ink. "Color-shifting" ink has been added for enhanced security.

According to an environmental assessment prepared by Potomac Hudson Engineering, Inc, these new inks contain volatile organic compounds (VOCs) that can be highly carcinogenic. It's unclear whether these, or other compounds, would leach out of paper currency or volatilize under landfill conditions.

In 2005, more than 600,000 tons of waste from San Francisco ended up in landfills—the lowest amount since 1982. And the landfill waste generated by shredding currency is just a small fraction of the area's unrecycled garbage stream. "Still, it's not a matter of how much or how little," said Makdisi, of Stellar Environmental Solutions. "In my mind, where you have an entity that can control waste, it should do so."



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GENERAL INFORMATION

CONSTRUCTION SCHEDULED

November 23, 2005, – Beginning in early to mid-December 2005, West Bay Builders, the contractor working for the San Francisco Public Utilities Commission (SFPUC), will begin mobilizing equipment in preparation for construction work at the Potrero Heights Reservoir located at Carolina, 22nd and Wisconsin streets. The Potrero Heights Reservoir Upgrade is one of many local and regional Water System Improvement Program (WSIP) projects that will repair, replace and seismically upgrade the Hetch Hetchy water system.



- Construction will begin December 2005 and has a target completion date of Spring 2007.
- Weather conditions or other unforeseeable circumstances may extend the target completion date.
- In the event weekend work is necessary, 48-hour advance notice will be sent out to residents in the neighborhood.

WORK HOURS:
Weather Permitting



7:30 a.m. to 4:00 p.m.
MONDAY - FRIDAY



TRAFFIC:



IMPACTS:

Noise: Residents can expect construction related noise from the use of heavy equipment.
Water: Interruption of water service is not anticipated

During work hours:

- Parking at Wisconsin, 22nd and Carolina Streets will be temporarily removed. See signs for exact details.
- Construction trailer will be set up on Wisconsin rather than 22nd so as not to impact Fire Dept. operations.
- Residents and merchants living or conducting business in the construction area will maintain access to their garages, although there may be temporary delays.

SFPUC thanks you for your support.

QUESTIONS?



SFPUC Communications
Robert Lopez: 415-554-3286

Weight Loss Tips

(Continued from Page 21)

and, for many people, strong emotions lead us to eat more. Learn to recognize and avoid stressful situations and find healthy ways to manage and release your stress.

If you are feeling overwhelmed by the task of losing weight, remember that losing just 10 percent of your body weight can improve your health. Rather than thinking of large numbers, focus on losing weight gradually — 1/2 to 2 pounds per week. Shift your caloric balance so that you are burning off more calories than you consume each day. This can be accomplished both by eating less and exercising more. To assist the process, drink 2-3 cups of green tea every day to burn an additional 80 calories while supporting your immune system too.

You may also have underlying health conditions that are preventing your body from working optimally. A naturopathic doctor can help to uncover and address these issues so that your digestion and metabolism can function efficiently.

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Australia and it has been used successfully by over 500,000 people. You can learn how to eat normal foods, burn fat rather than muscle, not feel hungry, identify food sensitivities, and address other health issues in order to lose weight and keep it off naturally.

Dr. Amy Day is a licensed naturopathic doctor at SOMA Acupuncture & Natural Health Clinic where she practices primary care naturopathic medicine with an emphasis on women's health. For more info visit www.SOMAacupuncture.com.



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New Laws Will Protect Foster Care Youth

(Continued from Page 3)

critical need as they age out of foster care and begin life on their own.

The third bill, AB 1261, recognizes the importance of stability and continuity of school placement in the success of foster youths' educational outcomes. Frequent placement moves, delays and difficulties in transferring educational records, and the general upheaval associated with family crises make it difficult for foster youth to keep up and do well in school. This bill, in conjunction with a landmark 2003 law, clarifies that foster children have the right to remain in their school of origin until the end of the school year and requires that school records be immediately transferred and granted immediate enrollment even if there are outstanding fees, fines, textbooks or other items due to the school last attended. While a good education is critical to every child's successful transition to adulthood, it is especially true for children who spend long periods of their childhood in foster care.

Finally, pursuant to the passage of ACR 85, the State of California proclaimed last month, November 2005, to be Court Adoption and Permanency Month, in which California's courts and local communities showcased their joint efforts to decrease the number of children waiting for permanent, safe homes and families.

It is my hope that these new laws will help strengthen our foster youth system. But it is not only foster youth who need

our care and guidance.

That is why I hosted our 2nd Annual Young Women's Conference, "Own It: Your Body, Mind and Life" on October 21, meant to give our city's young high-school women the opportunity to share personal struggles and common goals. One hundred young women from nine area high schools and youth centers took part in the conference. The event was co-sponsored with Planned Parenthood

Golden Gate (PPGG) and featured such speakers as District Attorney Kamala Harris, Community Youth Center's Sarah Wan, PPGG's Dian Harrison, African-American Art Culture Complex's London Breed, Asian Women's Shelter's Beckie Masaki, CHALK's Taneika Jones, and the Center for Young Women's Development's Marlene Sanchez. Additionally, this month I will host our 2nd Bi-Annual Young Men's Conference.

Our young people are truly our greatest resource, and we must do everything we can to give them what they need to thrive. Each of them deserves protection, guidance, resources, understanding and love. We all have the opportunity to provide these essentials to young people in one way or another. It's our job to seek out those opportunities.

For more information about the foster youth laws that will take effect this January, or on Leno's local youth conferences, please contact his San Francisco office, 415-557-3013; or e-mail him at Assemblymember.Leno@asm.ca.gov.

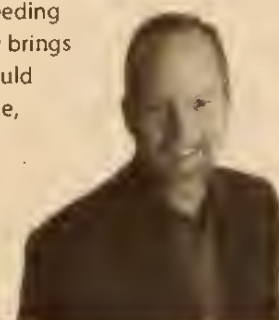


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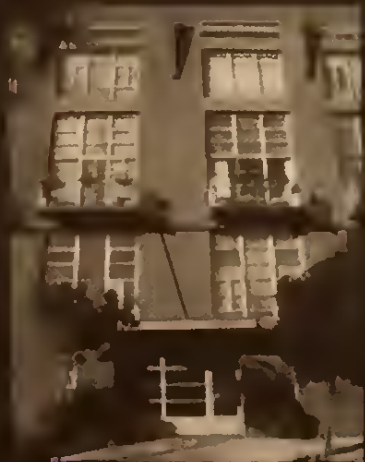
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Traffic on Cesar Chavez

(Continued from Page 5)

pedestrian/bicycle bridge over some of the freeway ramps, have made passage a bit safer, but the whole spaghetti mess is so complex, it's considered a project onto itself in the citywide bike plan. Pedestrians crossing an offramp that merges around a steep curve onto Potrero have no protection from fast-moving traffic they can hardly see.

The freeway currently functions as one long gated community for cars. No one can walk or bicycle on it, and a creepy, glass-strewn underpass is the option for eastbound travel. Westbound, cyclists and pedestrians must wait almost a minute for the push-button signal to stop Bayshore/Potrero traffic. The expression, "You can't get there from here," describes the plight of nonmotorists trying to travel between the Mission, Bernal Heights, or Noe Valley and southern Potrero or Bayview.

C.C. Puede hopes that its efforts can bring these communities together by

changing a scary street into a communicating artery. Silva thinks that ignoring Cesar Chavez's traffic calming potential would be a mistake. "It's a real shame that so many people feel compelled to drive short distances to access businesses or workplaces on Cesar Chavez," she said. "We live in a compact city. We ought to be able to travel all over it safely, efficiently, and enjoyably—especially bicycling, walking, or taking transit."

The group will conduct a walking survey of specific intersections on Cesar Chavez on Saturday, December 10. Meet at the Ebb Tide Café at 26th and South Van Ness at 11 a.m. The focus will likely be west of the freeway, though the maze itself may also be studied.

To get involved or to scream bloody murder about the proposals described above, contact Fran Taylor at 947-6497 / ftaylor@cmp.com (supporters) or Andy Thornley at 431-BIKE / andy@sfbike.org (screamers). For more information about the project, see <http://www.sfbike.org/?cesarchavez>.

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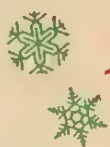
END HOMEWORK HASSLES: Family time is better spent. Call Jane Radcliffe, 415-586-4577 or visit www.mystudybuddy.org



Happy Birthday . . .

HAPPY DECEMBER BIRTHDAY: Peter Arnautoff, Anthony S. Alston, Woody Allen, AFL-CIO founded (1955), Daniel Ben Horin, Bill of Rights Day (15th), Boxing Day (26th), Dave Brubeck, John Burton, Jared Cleaver, Chanukah (12/26-1/3/06), Tom Changras, Jack Comerford, Christmas Day (25th), First crossword puzzle (1913), Nicholas Dirks, Eli J. Dorr, Iris Feldman, Denise Fleming, Joanne Firth, Roger Golec, Steve Griffiths, Great Britain abolishes capital punishment (1969), Cris Heissman, Earl Fatha Hines, Humbug Day (21st), D.Q. Johnson, Sandy Kofax (1935), Kwanzaa (12/26-1/1/06), Ann Longknife, Madison@Blown Away, Ann Macmillan, Kristen Makita, Grace Matsuda, Fumiko McWilliams, McCarthy silenced by Senate (1954), Amy Meblin, Mexican Posadas (12/16-24), Monroe Doctrine (1823), Tracy Newsom, Myles & Caidin Nye, Rosa Parks Day (1st), Emily Roberson, Sacagawea (1787), Sarunalia (12/17-23), Michael Scollard, Still Need To Do Day (29th), Asiy Sulaiman, Supreme Court gives Presidency to Bush in 2000, Bea Sullivan, Transistor invented (1947), USSR (established 1921; dissolved 1991), Winter Solstice (21st @ 1:35 p.m.), Annie Wood, Bruce Yorke.

HAPPY JANUARY BIRTHDAY: Mohammad Ali, Amnesty for polygamists (1893), William Baldwin, Beatles last public performance (1969), Alix Carfiol, Hattie Caraway, First woman elected senator (D-Ark., 1921), Thomas Crapper (1836), Cuba Liberation Day (1/1/1959), Drinking Straw invented (1888), Dizzy Dean (1911), Michael Dingle, Taima Ford, Toby From, Regina Gabrielle, Judith Ganz, Bernie Gershtater, Holland Golec, Bill Griffith, Bob Hayes, Mica Hirschfeld-MacKeehn, first Hippie "be-in" (S.F., 1967), First jazz record cut ("Darktown Strutters' Ball," 1917), James Earl Jones, Billy Kieba, Martin Luther King, Jr. (1929), Jack London (1876), Pat Mayo, Shvon Meblin, Denise Meblin-Kessler, \$5-a-day Minimum Wage, National Do Nothing Day (16th), Marc Passen, Flossie Robinson, Franklin Delano Roosevelt (1882), Lucy Rocha, Radio Broadcasting (1910), Roe vs Wade decision (1973), First Social Security check issued (1/30/1970), First Super Bowl (L.A., 1967), Three Kings Day (6th), Tin can patent (1825), U.S. Surgeon General declares cigarettes hazardous to health (1964), Vivekananda, Pepe Yedra, Z Day (1st).



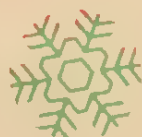
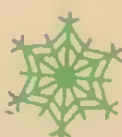
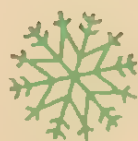
The View Staff wishes



Peter Linenthal photo

Between bursts of rain, a few hardy members of The Potrero View staff gathered for the Annual Photo. They are, left to right, Mary Wasserman, Pat Cleveland, Lester Zeidman, Abigail Johnston, and Linda Clark along the railing; in front of them are Denise "Fruitcake" Kessler, Bernie Gershater, and Ruth Passen. Less hardy and/or having other things to do: Rachel Huysentruyt, Janet Carpinelli, Julia Segrove, Larry Gonick, Marylouise Lovett, Lonnie Ford, Steve Kaufman, and stringer/pointman Joe Boss . . .

. . . and special thanks to Monarch & family for all their help



You a Happy Holiday

